

Oh, the Feelings You Feel

The feelings you have and the ways you express them are all part of your you-ness. It's important to show others how you feel so they can know you, too! In the squares below, draw a picture of the things you do to show how you are feeling.

HAPPY

SAD

ANGRY

SCARED

“Today you are You, that is truer
than true. There is no one alive
who is youer than You.”

DR. SEUSS

SURPRISED

PROUD

WORRIED

EXCITED

GRUMPY

SHY

