**THE LANGUAGE OF FEELINGS**

Feelings are powerful energies we feel in our bodies when we experience different situations. During the day, we can do things that make us happy, sad, excited, worried or curious. Feelings also have many languages. We express them through different words, body movements, and we can give them form by drawing them. Enjoy this activity where you

get to explore the many languages of feelings.

**INSTRUCTIONS**

1. Take a piece of paper and a pen. Think of a feeling you felt today: for instance, happiness, boredom, excitement, confusion, surprise, anger, and silliness. Make sure you choose a feeling that you feel comfortable thinking about.
2. Write the name of that feeling in more than two languages. You can ask someone in your house to teach you the name of that feeling in another language. You can also explain what that feeling means to you in any of the languages you’re more familiar with.
3. Draw or paint that feeling. You can make a drawing of the situation when you experienced that feeling or you can draw how you imagine that feeling to look like. The feeling could be an emoji, a person, an animal, a creature or an object.
4. Create a dance to express that feeling and make the people in your house guess what the feeling is.
5. You can make a full collection of your feelings throughout the day or the week.

*Remember! We all have different feelings and, during challenging times, it is important to focus on doing things that make us strong and happy.*