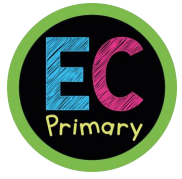


MINDFULNESS AND ME



Understanding Our Emotions

Our emotions are our feelings. They can be positive or negative and they can vary in strength or intensity. Our feelings often change throughout the day depending on what is happening or who we are with.

How do you think the characters below are feeling? How do you know? Sort each character's feelings into the categories shown below.

Positive Emotions

Negative Emotions



Archie



Billie



Esther



Sam



Amaya



Harry



Polly



Hugo



Delilah

What are neutral feelings? Can you think of any examples of neutral emotions?
