

Heart template

Colour in your feelings. Give each feeling a colour and think about how you are feeling. There are probably a whole mix of emotions. Colour in the different hearts. Big hearts for big feelings and small hearts for small feelings. Use this heart for a whole day and see how your feelings change throughout the day. You can also use this heart for a whole week and just colour in a few hearts each day.



| Emotion | Colour | Emotion | Colour | Emotion (add some of your own if you want to) | Colour |
|---------|--------|-----------|--------|---|--------|
| Happy | | Confused | | | |
| Sad | | Depressed | | | |
| Angry | | Calm | | | |
| Scared | | Surprised | | | |
| Worried | | Shocked | | | |

You don't have to use all of these emotions, just the ones you are feeling