

All About Feelings

Objectives: Create a 'Feelings Rainbow'; write three short reflections about different feelings you have experienced.

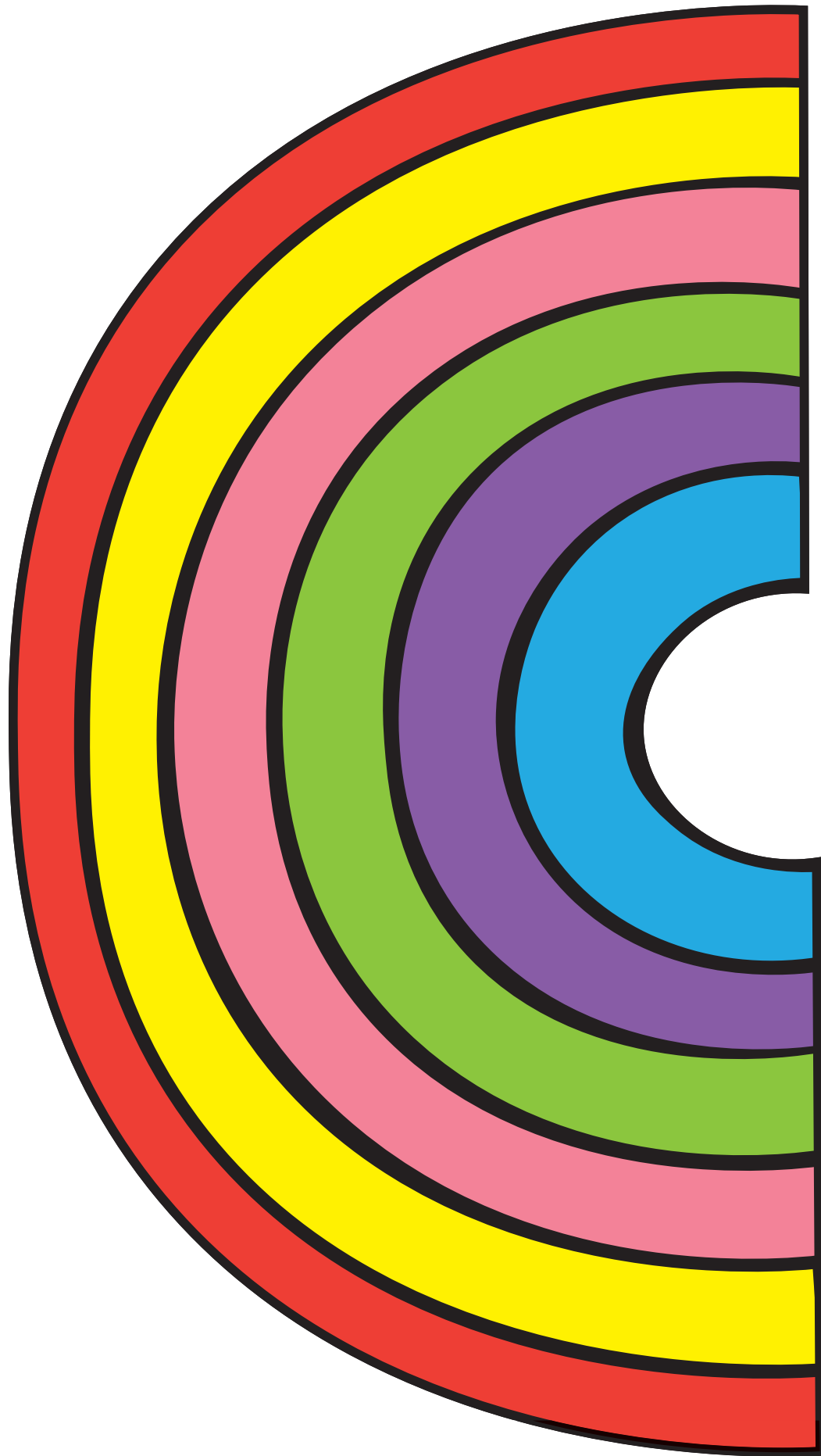


Activity 1:

We can express how we feel in different ways. Start off by thinking about how you are feeling today. Can you use words to give your feeling a name? What about as an action or sound? How about a colour?

On each colour of the rainbow, write down at least one feeling you associate with it. For some colours, you might have more than one feeling!

Discuss your 'Feelings Rainbows' together and any patterns in the colours you have chosen. Think about which colours were the trickiest and why?



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