



## Emotions

Happy	Sad
Scared	Tired
Angry	Lonely

### Instructions:

- Print these pages (ask mum or dad to help you). If you don't have a printer, then draw it on a sheet of paper. You can do it!!
- Glue the page onto some cardboard (use a box of cornflakes or a shoe box.)
- Next, draw an emoji for every emotion. Take a look at the emojis on your mom or dad's mobile phone to get ideas.
- Colour the boxes on the 'emo' meter in different colours. You can also work with coloured paper, glitter, etc ... Check out what you have in your house!
- Stick your emotion emoji's into a different box on your 'emo' meter.
- Also write which emotion it is.
- Cut out the 'emo' meter.
- Ask your parent for a clothes peg and show how you feel using the peg, by clipping it onto the emoji that fits your mood for today!
- Ready? Take a picture and send it to me. I am curious to see the work of art you made!!

And don't forget to use your 'emo' meter every day and discuss it with your mum and dad, ... Pray about it together, you will see that God will help you.