

# Thank you for downloading!

I hope that you find these feeling activities helpful!

If you do, I would love it if you would leave some feedback on this product at :

<https://www.teacherspayteachers.com/Store/Kiddie-Matters>

You can also find additional counseling and parenting resources on [kiddiematters.com](http://kiddiematters.com)!

## Graphics:



# Feelings Egg Hunt Questions

Directions: Write numbers 1-15 on small slips of paper and put them inside plastic Easter eggs. When kids find them, have them answer the question that corresponds to the number in the egg..

1. Name one thing that makes you mad?
2. When you're mad, how do you act?
3. How can you tell that you're getting mad?  
How does your body feel?
4. How do you calm down when you're mad?
5. What makes you happy?
6. When was the last time you felt happy?  
Why were you happy?
7. How can other people tell that you're happy?
8. What makes you feel sad?
9. How do you make yourself feel better when you're sad?
10. Who can you talk to when you're upset?
11. What makes you afraid?
12. When you feel afraid, who can you talk to?
13. What does being disappointed mean?
14. What does it mean to be shy?
15. What does being embarrassed mean?



Name: \_\_\_\_\_

Color the feeling faces



RED



BLUE



YELLOW








ORANGE



GREEN

Color the emoji feeling faces and color the graph

5					
4					
3					
2					
1					
					



HAPPY



ANGRY



SURPRISED



SAD



SCARED



HAPPY



ANGRY



SURPRISED



SAD



SCARED



HAPPY



ANGRY



SURPRISED



SAD



SCARED



HAPPY



ANGRY



SURPRISED



SAD



SCARED



HAPPY



ANGRY



SURPRISED



SAD



SCARED

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15