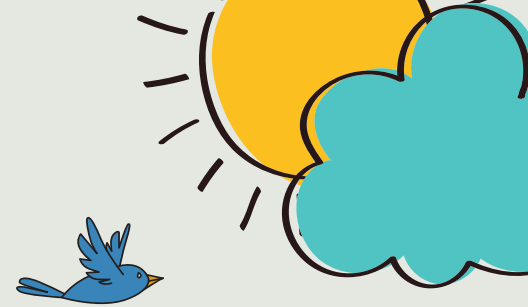




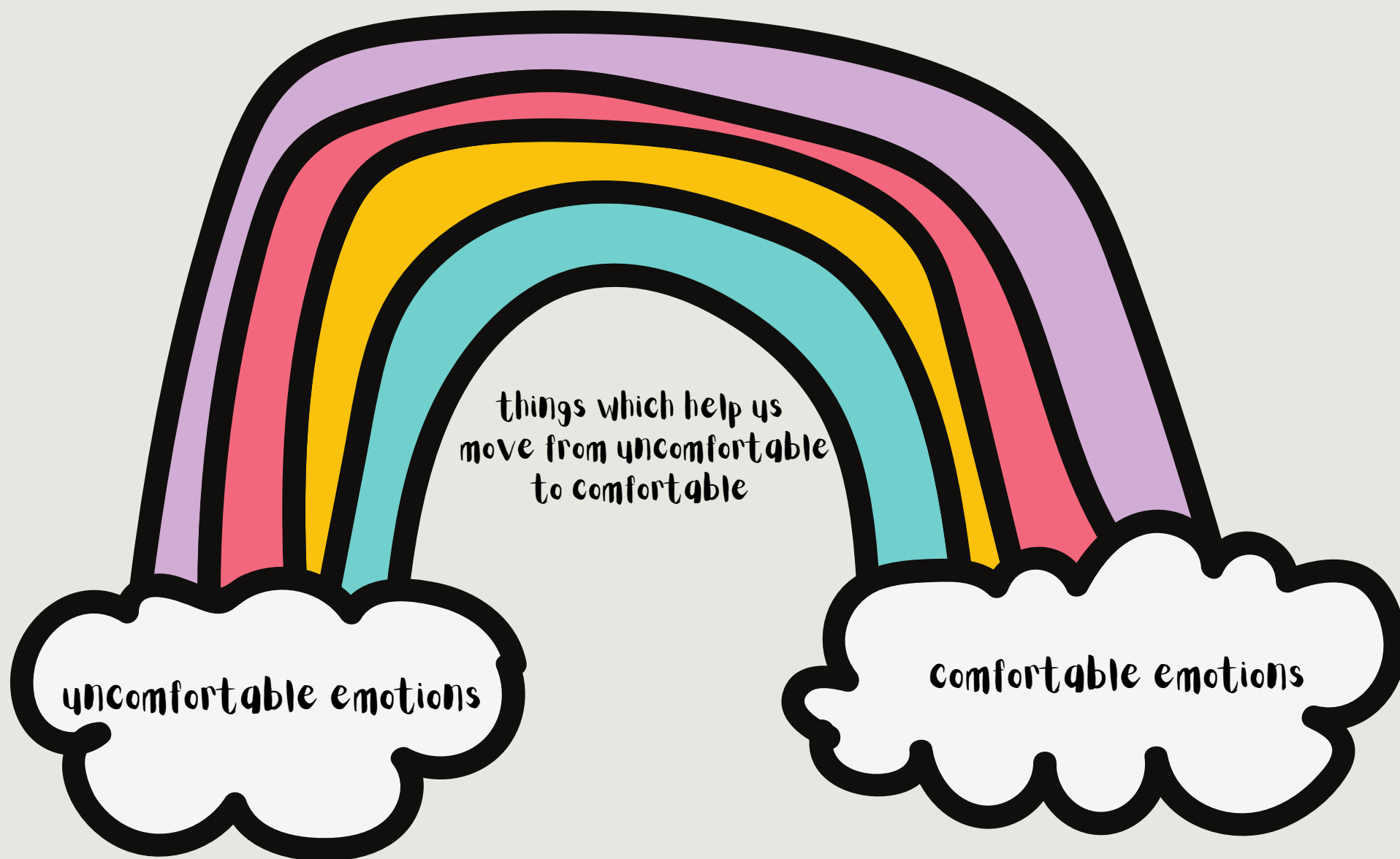
Emotions rainbow activity



We all feel uncomfortable emotions sometimes, these can include things like **anger, shame and lonely**.

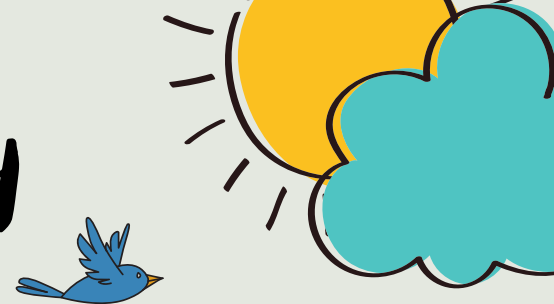
When we feel these emotions, there are some things we can do, these can include things like **focusing on our breathing, talking to someone we trust and exercising**.

These things can help us to begin feeling comfortable emotions, these can include things like **excited, safe and relaxed**.





Emotions rainbow activity



Cut out this template
or create your own!