We feel lots of emotions! And sometimes we have more than one feeling at a time. What feelings do you have today? Color the butterflies with how much of that feeling you feel. If you feel a little of that emotion, color a little part of the butterfly. If you feel a lot of that emotion, fill in the whole butterfly. If you don’t have that emotion, leave the butterfly blank. Add in your own emotion words!

When you are done, share your page with someone you trust that can help you when your emotions feel overwhelming.
Happy
Sad
Angry
Scared
Confused
Anxious

I Feel....