

# Mirror My Emotion

## Instructions:

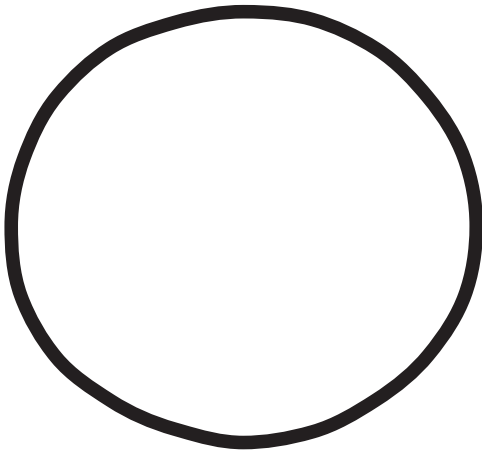
Can you draw a face that shows feeling happy?

Can you draw a face that shows feeling sad, or mad?

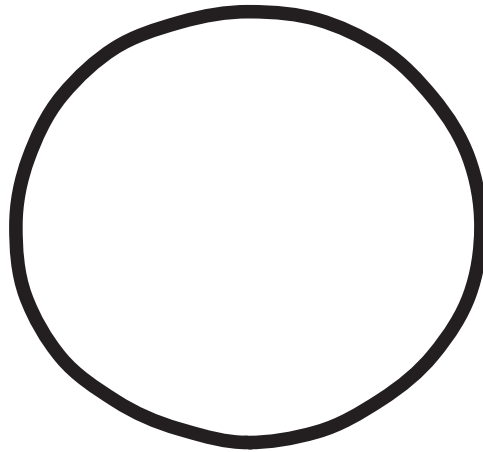
Use the circles below to draw what each emotion looks like.



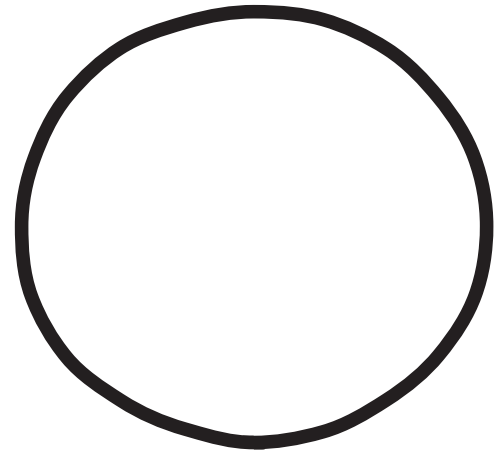
Ask about each emotion drawn in the circle. Some questions to ask include:  
“Why does ‘happy’ look like that?”  
“What does ‘being sad’ mean?”  
“What do you think when my face looks like that?”



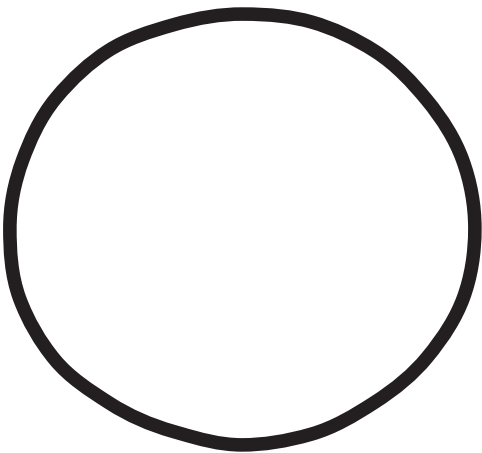
**Happy**



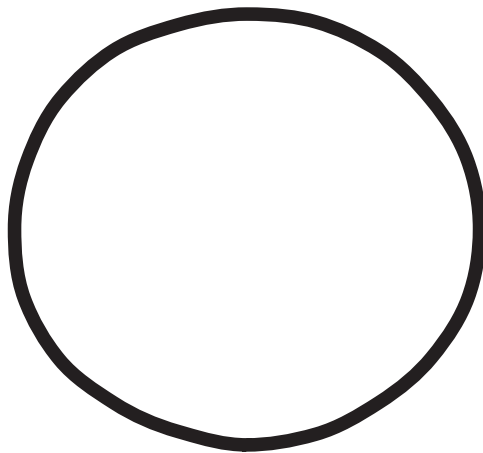
**Sad**



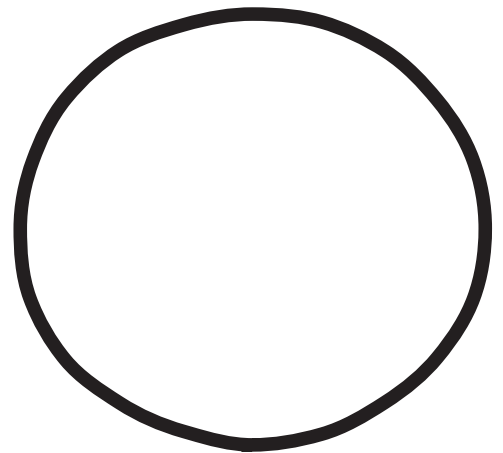
**Mad**



**Tired**



**Surprised**



**Bored**

*To learn more about dealing with intense emotions scan here*

