

EMOTION

COLORING BOOK



Emotion Coloring Book

Welcome to your emotions.

This coloring book can be used in a variety of ways.

1. Learning about different emotions.

- Color each page based on how you feel when you have the emotion, or how you think the emotion would make you feel.

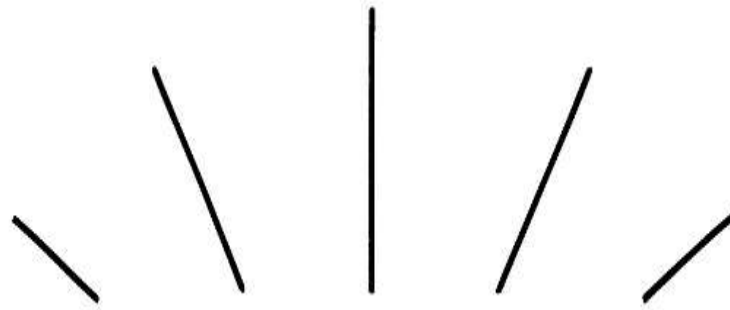
2. Coping skill

- When you are stuck in a feeling, color the page of the emotion. Color it based on what the emotion makes you feel like to express the feeling.

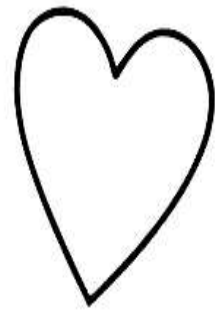
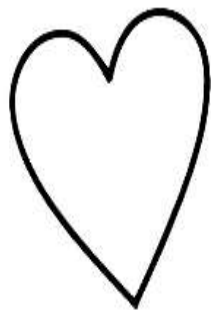
3. Mindfulness

- When you have any of the feeling in the book, focus on the feeling. Try not to escape from it. Color in the page based on what is going through your body at the moment.

There are many other things you can use the book for. Find what works for you.



TRUST



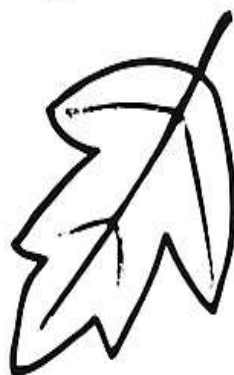
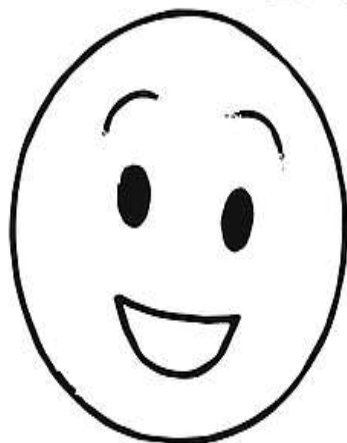
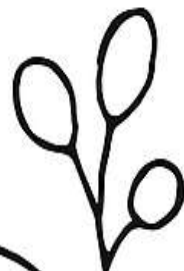
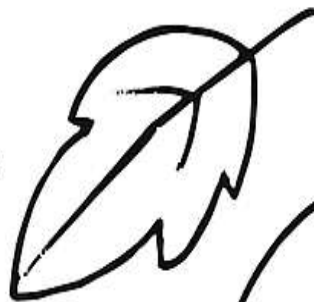
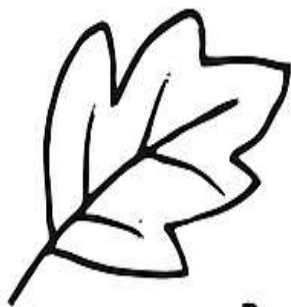


DISGUST





THANKFUL



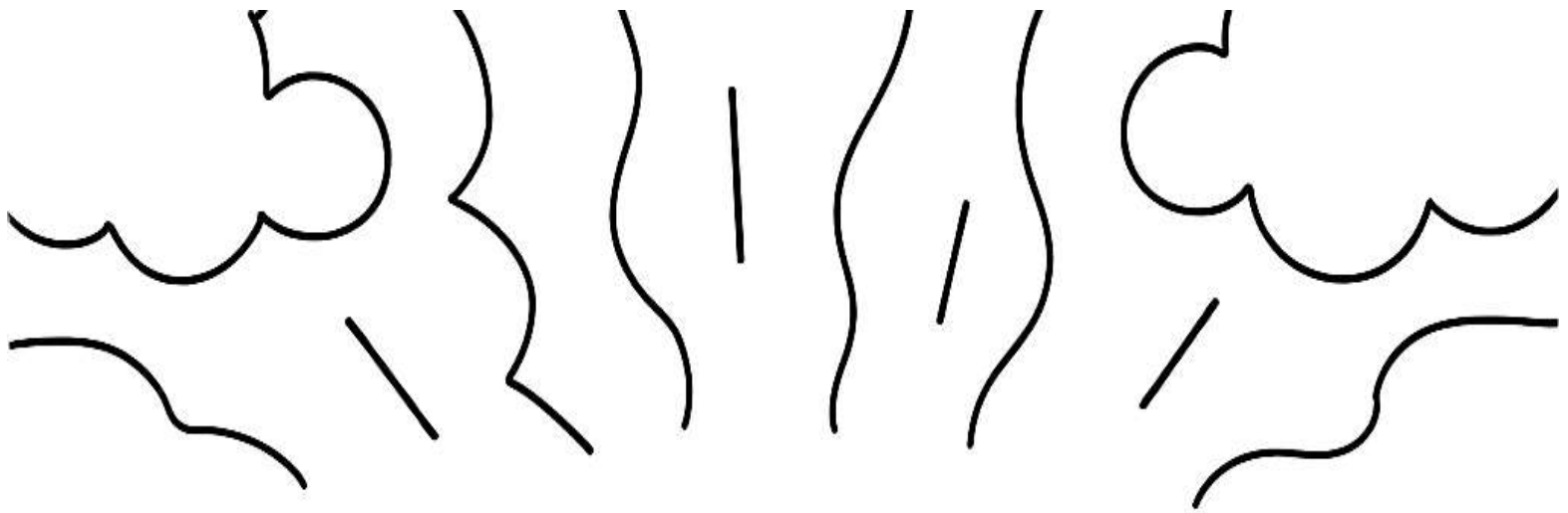
SHAME





PLAYFUL



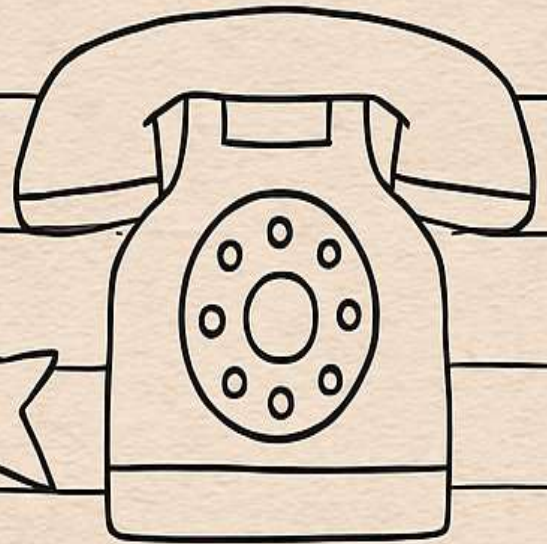


EMBARRASSED

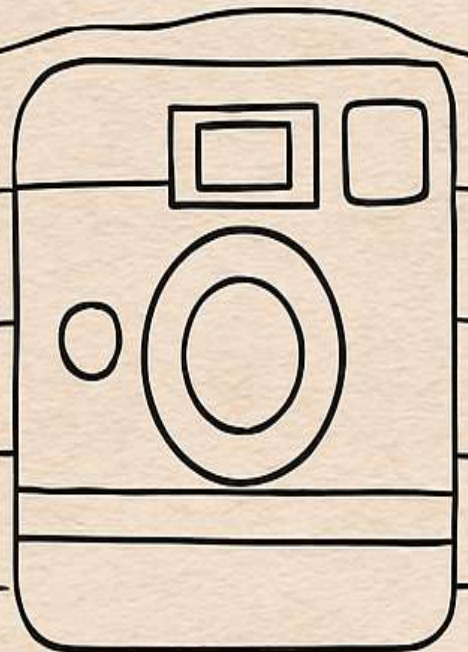
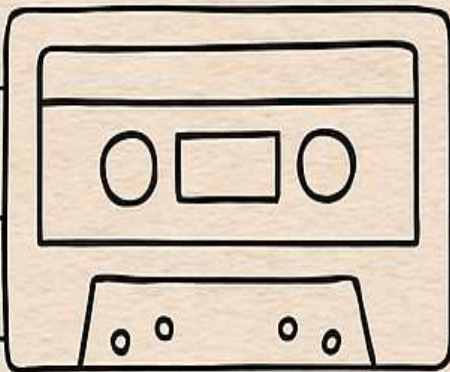


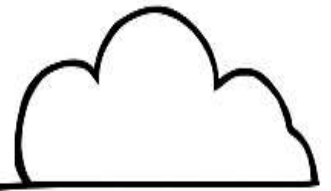
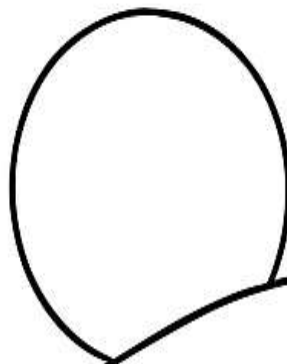
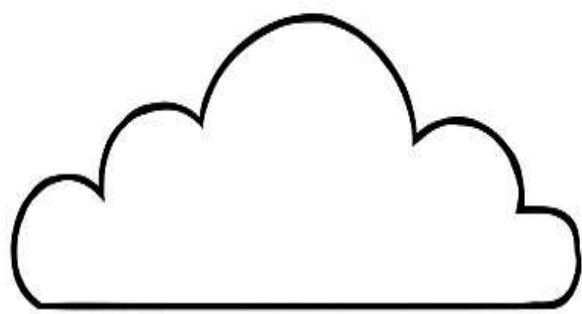


ACCEPTANCE



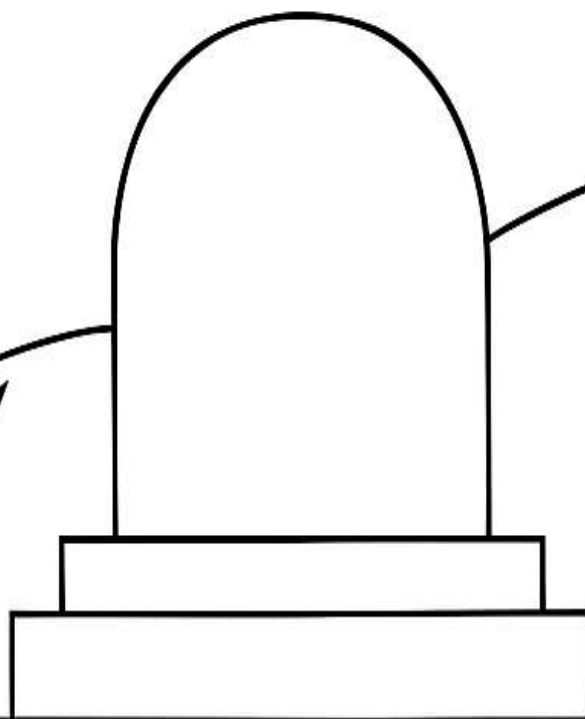
NOSTALGIA

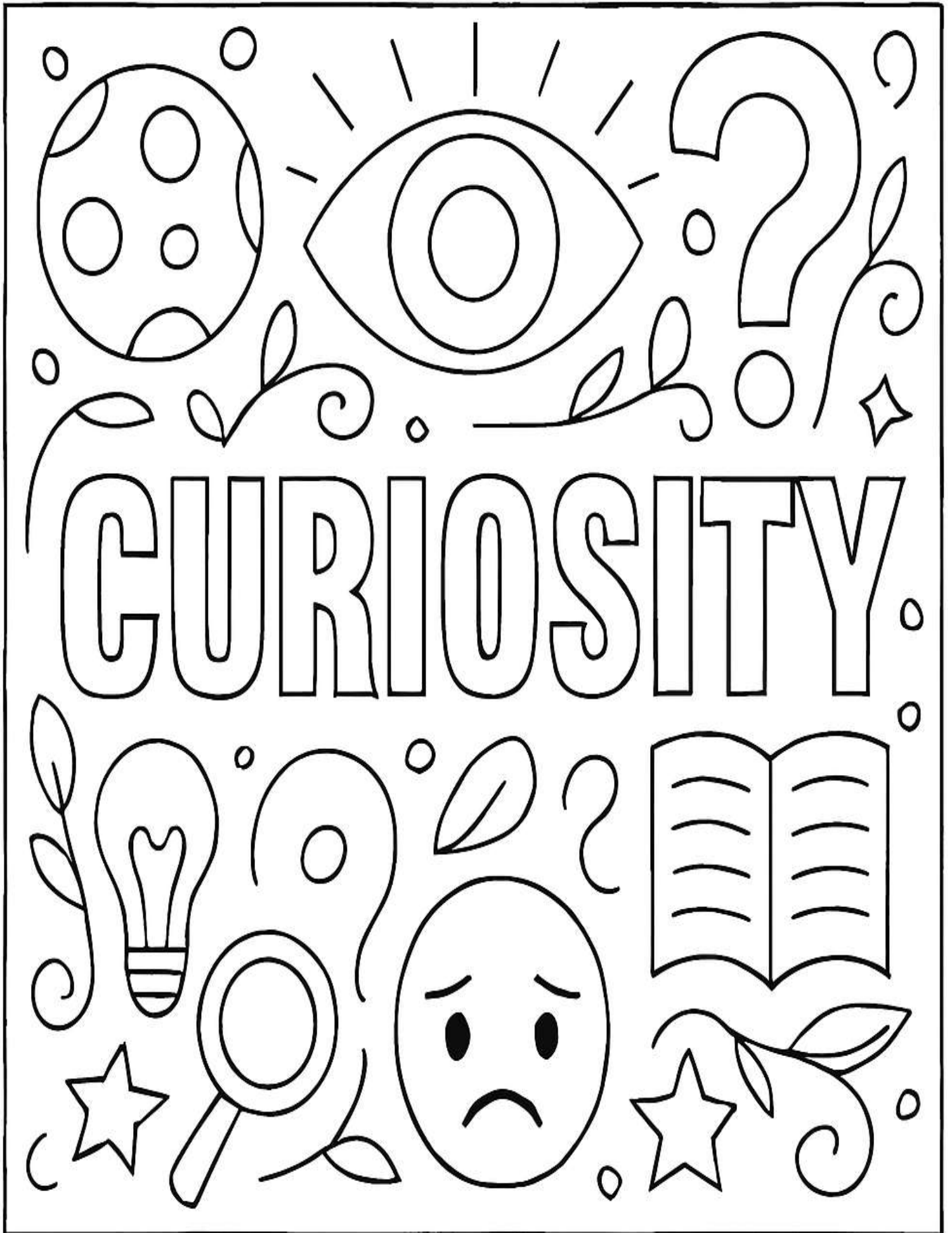




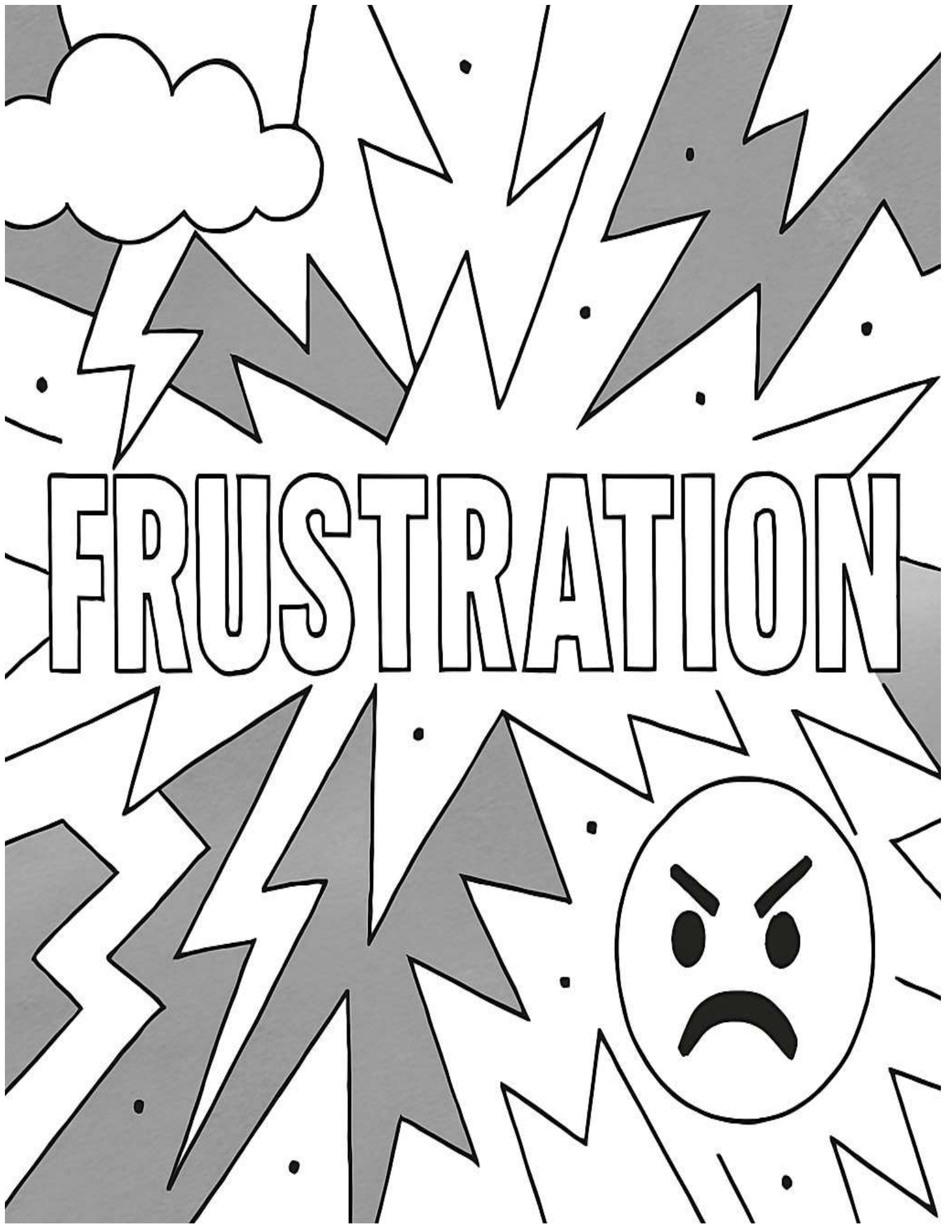
GRIEF

RIP









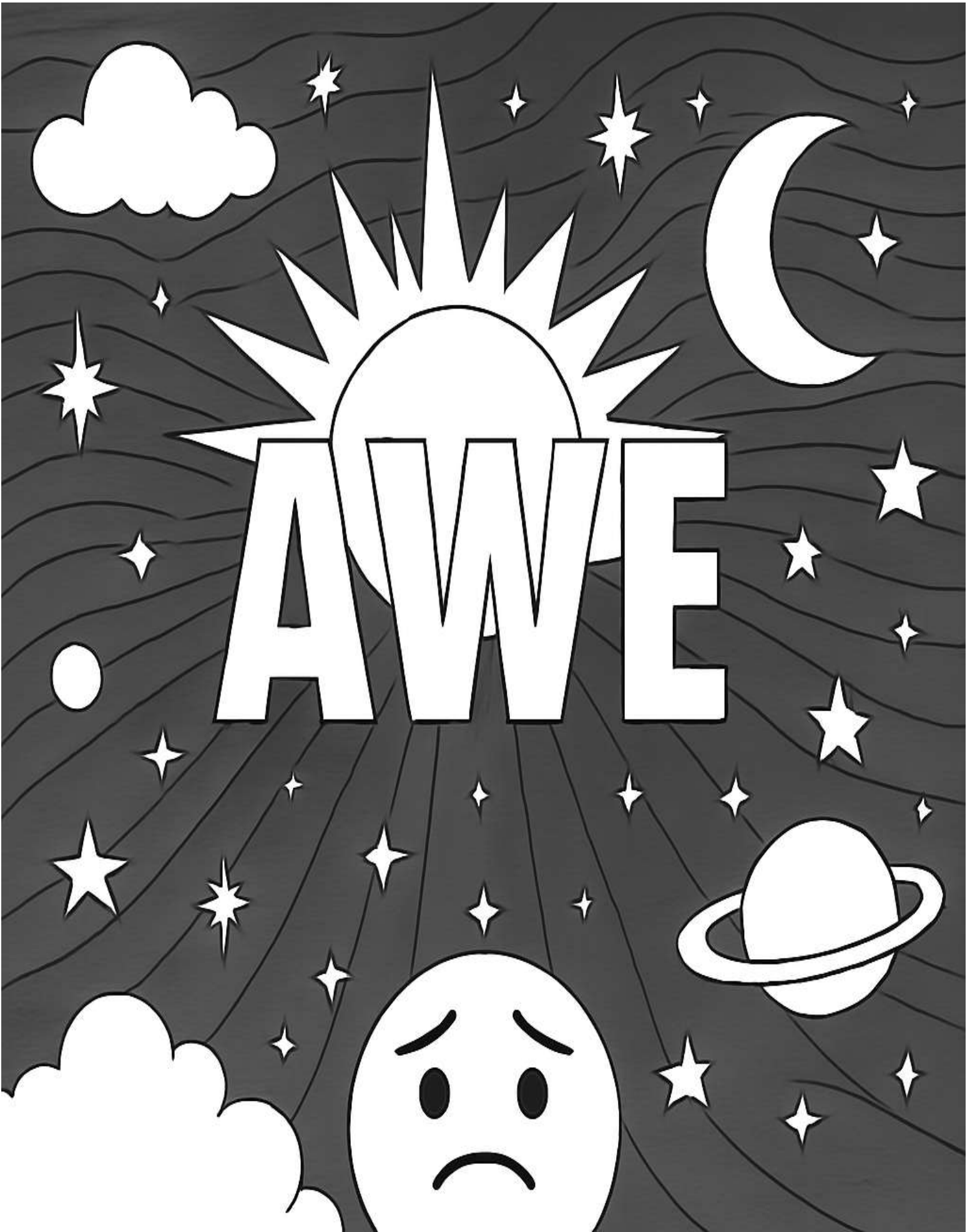
FRUSTRATION



ENVY



AWE



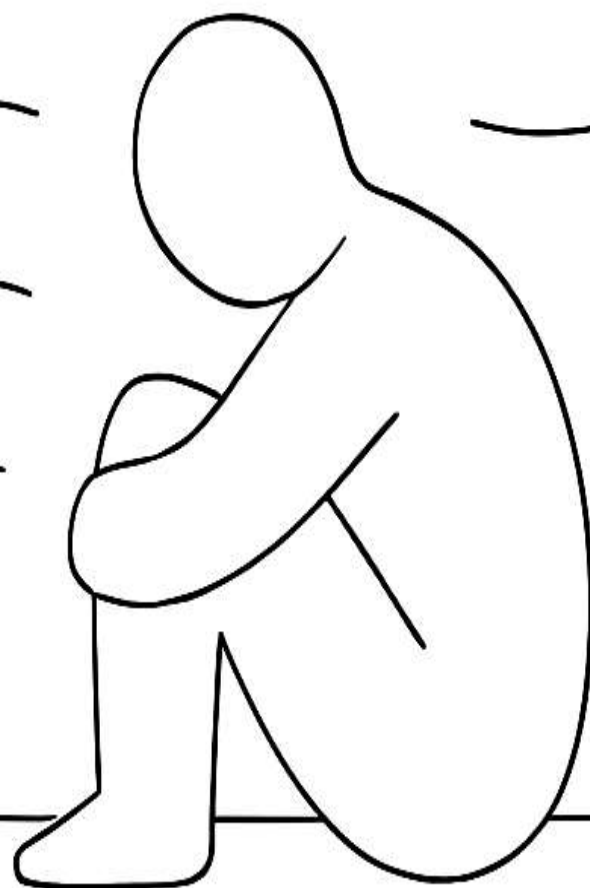


HOPE



CONFIDENCE

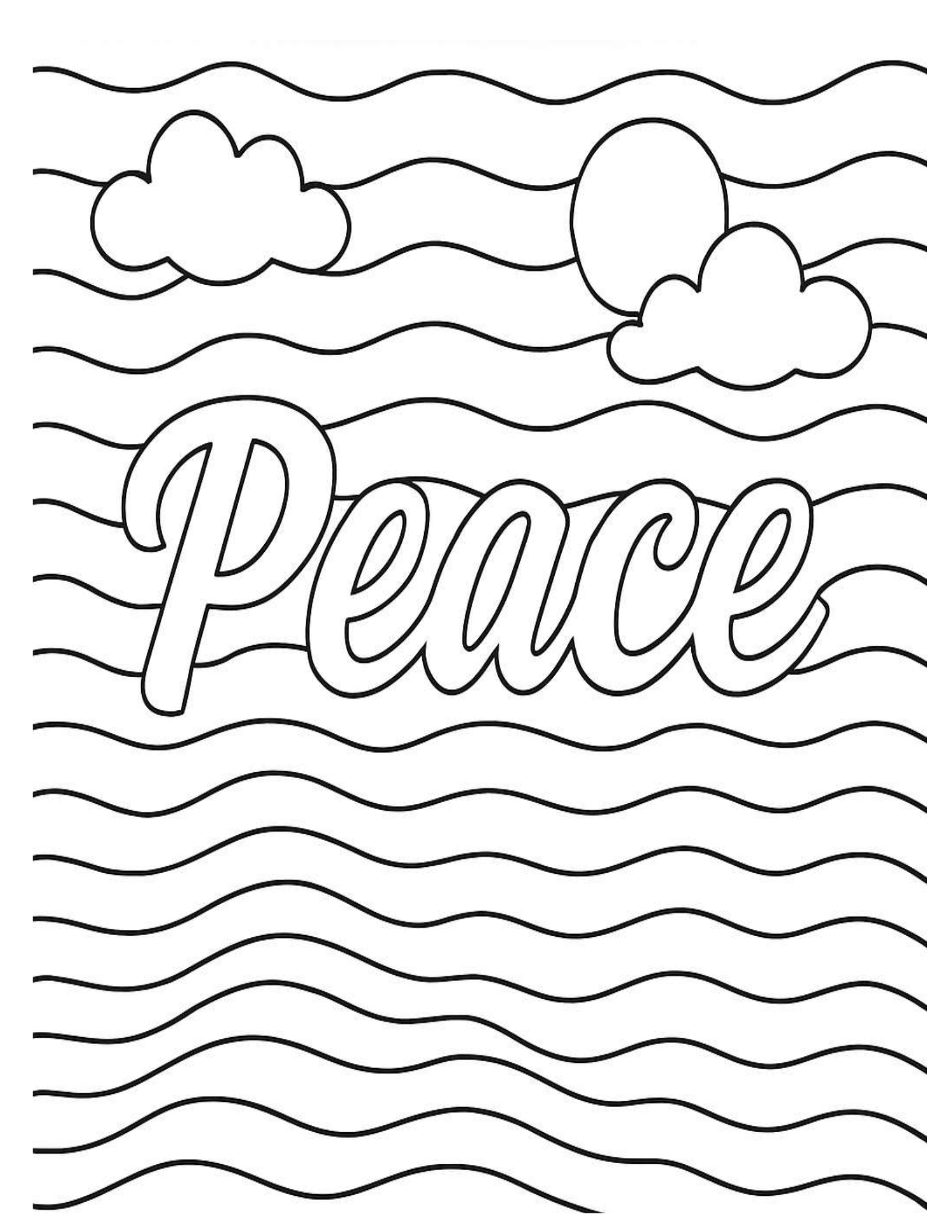
LONELINESS







ANXIETY



Peace

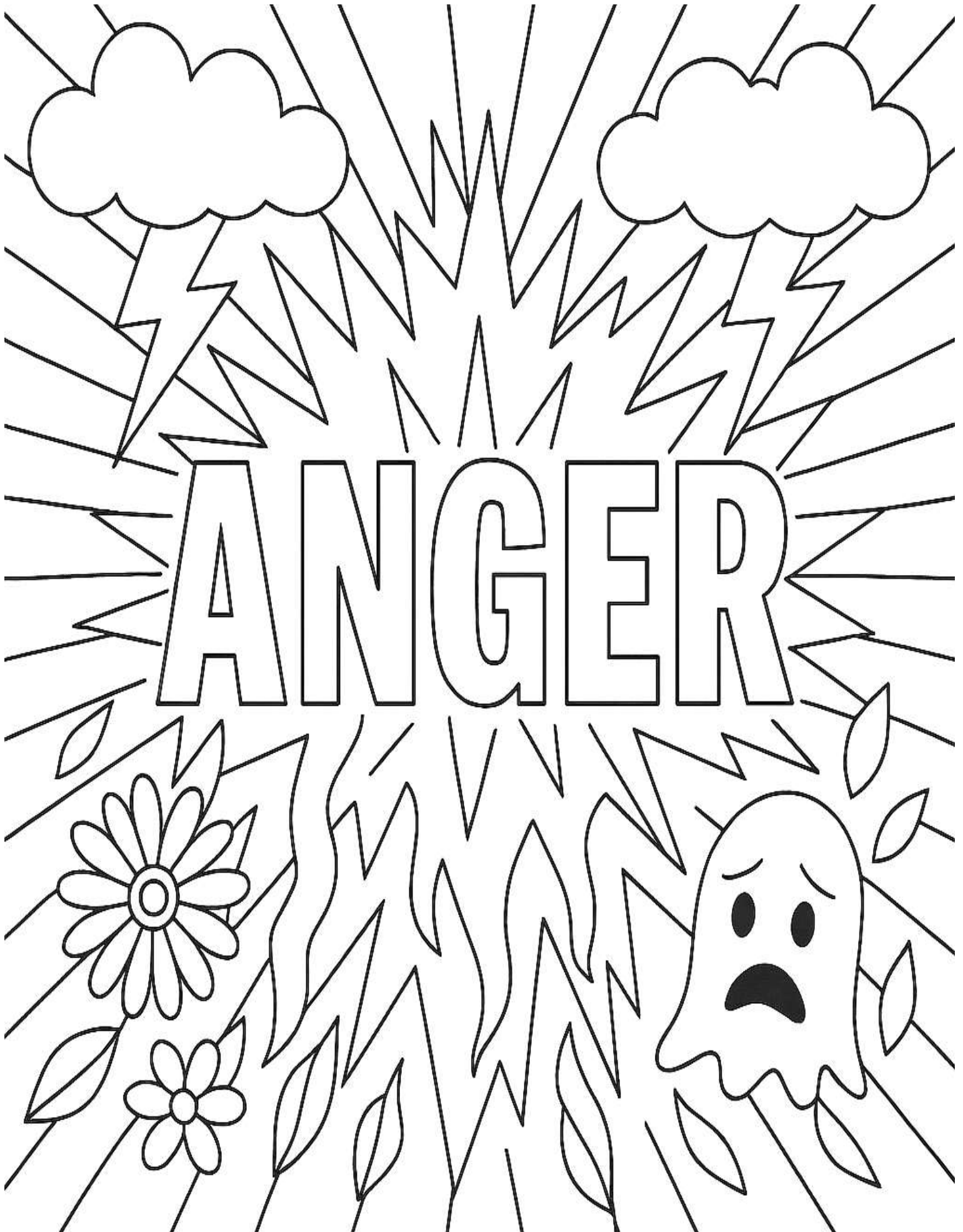


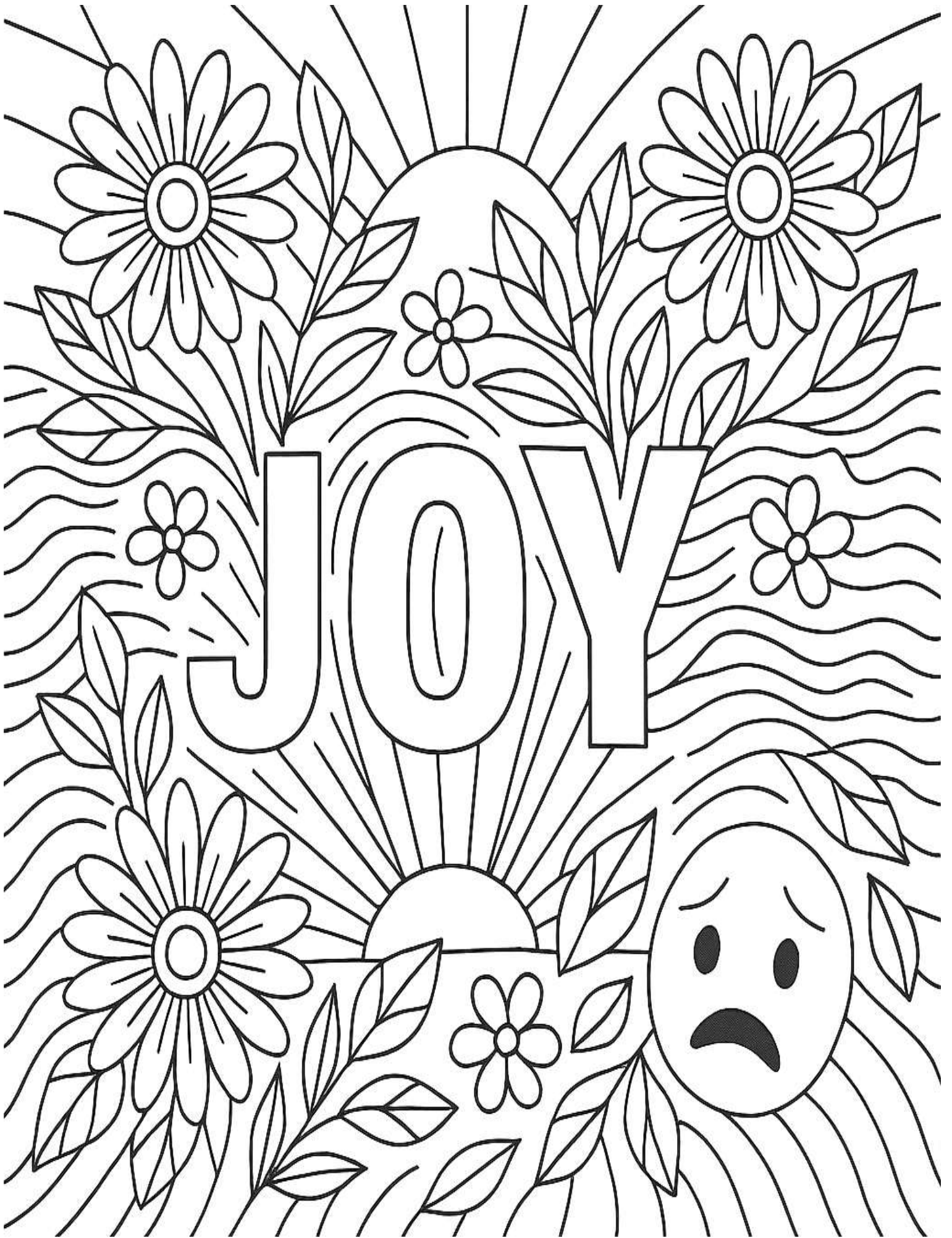
FEAR

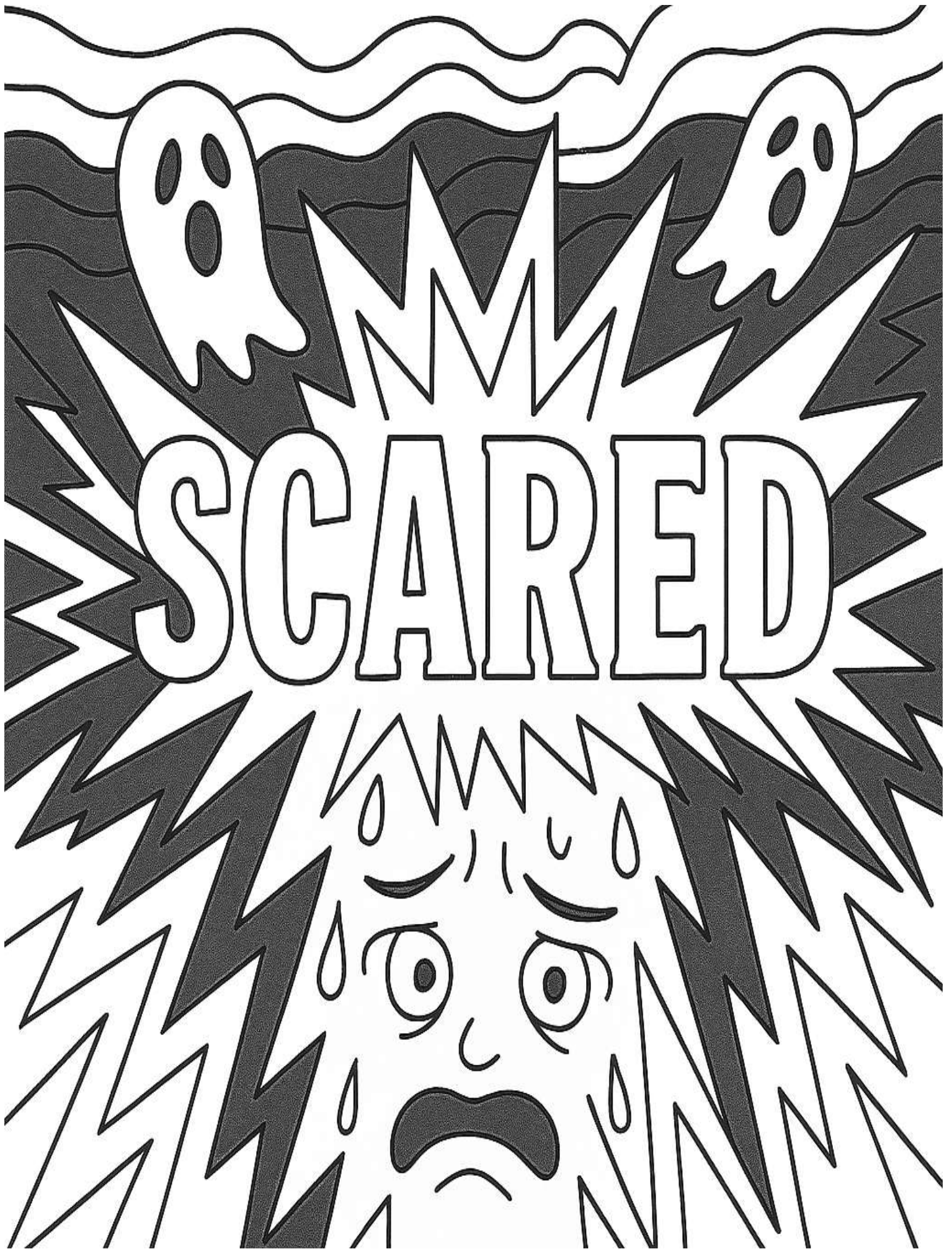




SADNESS





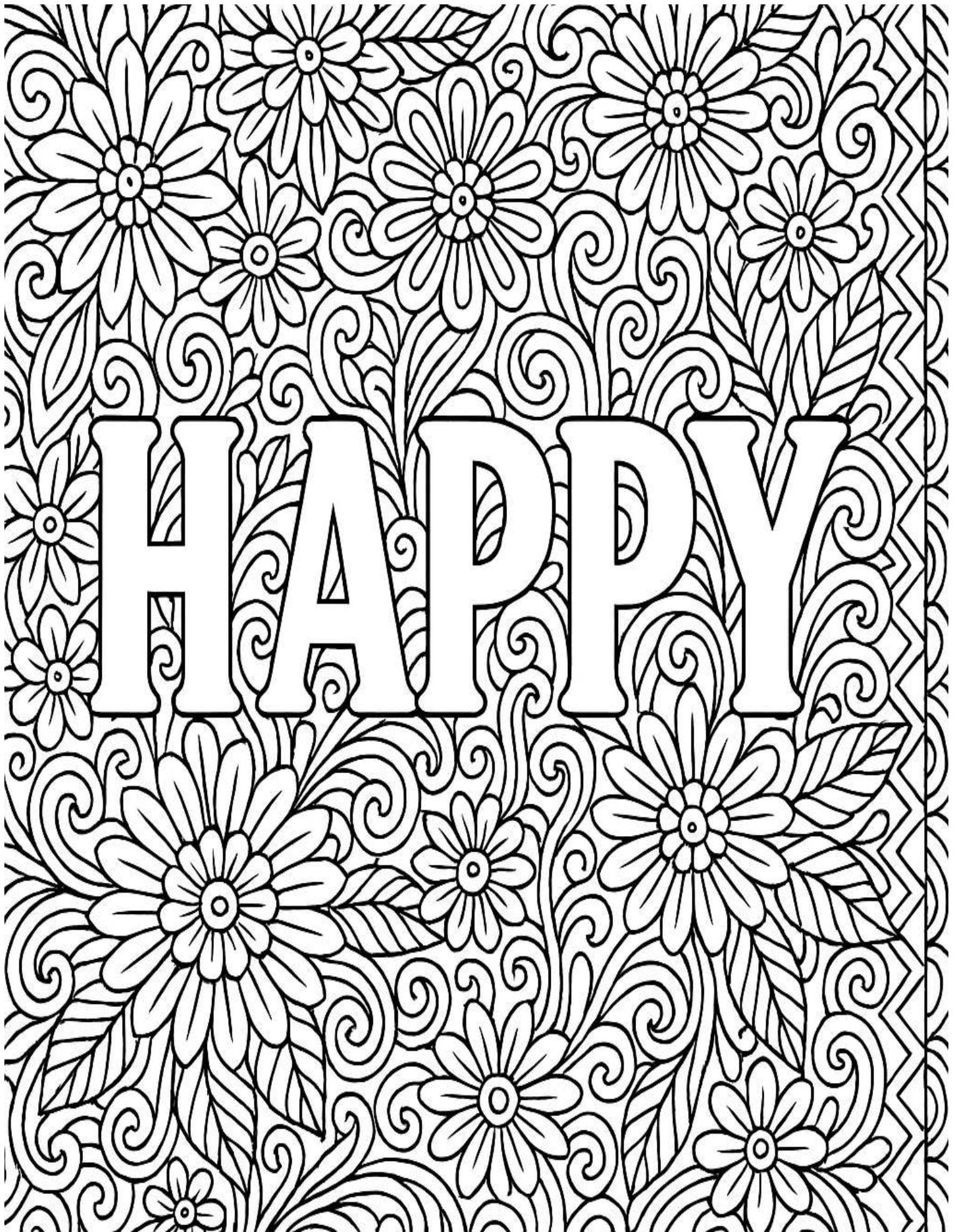


SCARED

ANGRY



HAPPY



SAD

