

TERMS OF USE

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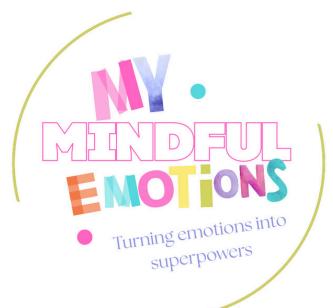
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Contact me with questions or corrections at
Mymindfulemotions@gmail.com

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Name _____

Watercolor Emotions

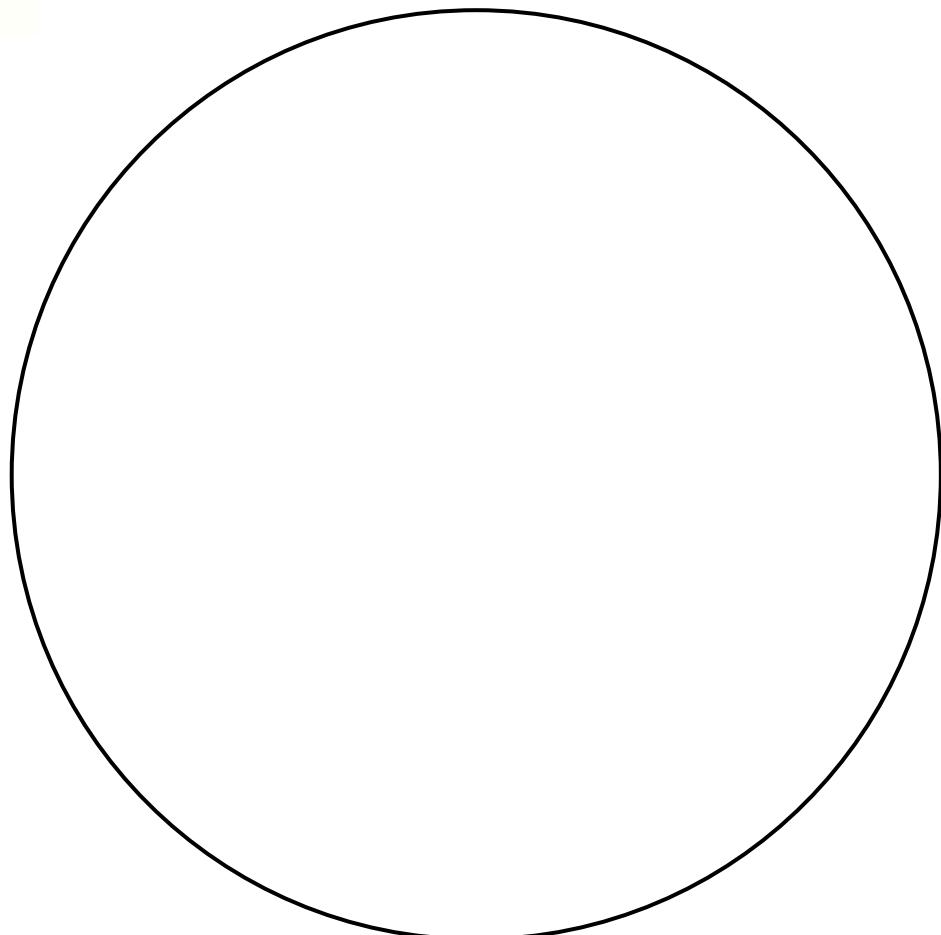
Today I feel... Because...

After reading, think about your own *Watercolor Emotions*.

Which colors match your mood today? Draw and color your emotion and then write why you feel this way.



Today I feel _____



I feel this way because _____

Name _____

Watercolor Emotions

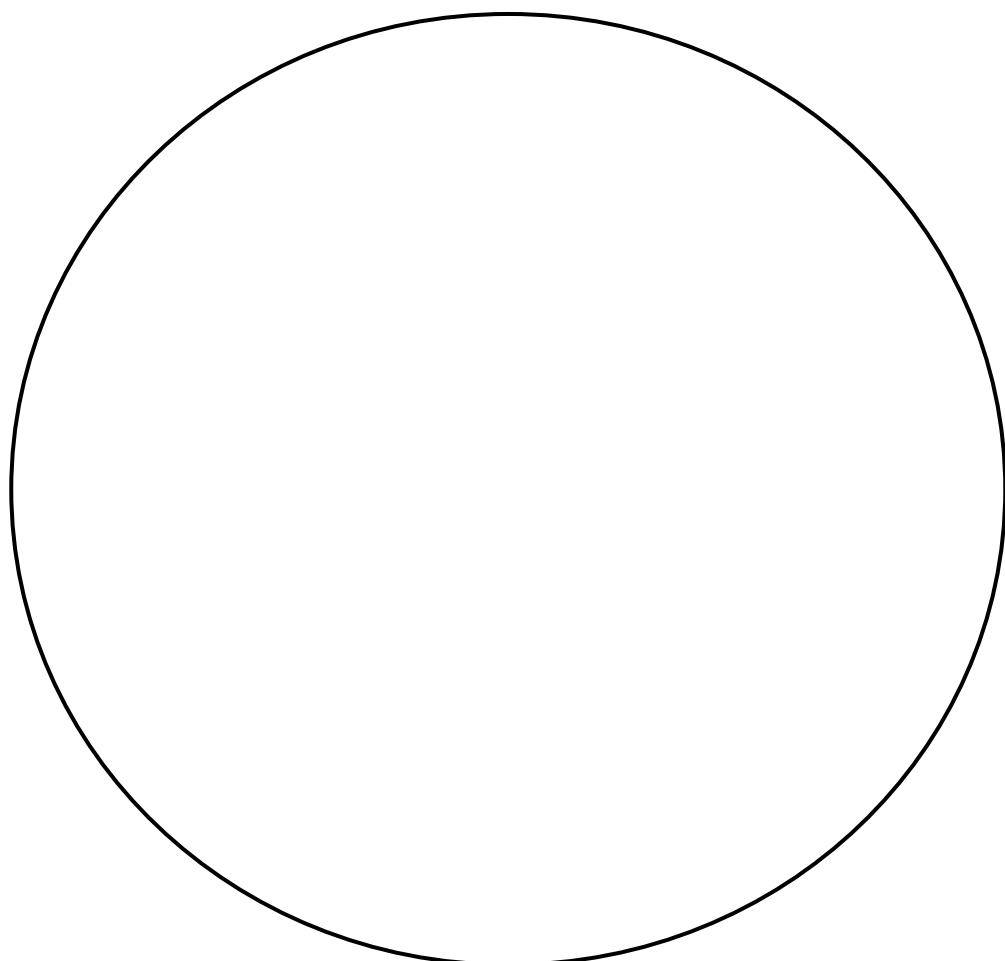
"I feel... I can..."

After reading, think about your own *Watercolor Emotions*.

What color are you feeling today? Draw your emotion in the circle and then circle what you can do!



Today I feel _____



I can...

Magic
Window
Breaths

Count to
10

Rainbow
Breathing

Blow
bubbles

Mountain
Breaths

Name _____

Watercolor Emotions

Calming coloring
activity

Watercolor

Emotions

Same color different emotions