

## Emotional Intelligence Worksheet

### Emotion Mandalas -Emotatude Series - Karen White Porter-

Each mandala represents a feeling. Can you color the mandalas in? Can you identify the different feelings such as hope, anger, confusion? Read about more feelings in the Emotatude series. After that, create your own Emotion Mandala. Can you color and think about what you see on the outside and feel on the inside?

