Identifying Emotions
How do you let other people know how you’re feeling? How do you now what other people around you are feeling? Emotions and feelings are complicated things. It’s hard to let people know what’s going on in your mind sometimes, but here are some fun games and activities that can help! Emotions help other people to understand us. It’s okay if you’re not feeling well or happy—and when you express those emotions, you let other people know how you feel so they can help.

What you need:
- Mindfulness Journal
- Pen or Pencil
- Feelings Hopscotch Sheet
- Chalk
- Paper
- Any Kind of Container

Steps:
Start by writing in your Mindfulness Journal. If you didn’t get to make one last week, grab some paper and pen or pencil, and get started! Here are this week’s questions:

1. What was a random act of kindness you did this past week? If you can’t think of a way you helped others, think of ways you can help people this week!

2. How are you and your family practicing health safety this week?

Let’s talk about emotions. On the next pages are two activities that you can do with your whole family. Try them out, and don’t forget to have fun!

Now it’s time to think about what you learned. Grab your Mindfulness Journal, and answer these last questions!

1. When you are feeling sad, what are some ways you can fix it?

2. When you are feeling worried, what are some ways you can fix it?