

Feeling Flower



Sometimes when things change, you may have a lot of different feelings. That's OK! You and your family can share your feelings by doing this activity. Ask a grown-up to help you: Cut out the petals and the "Our Feelings Flower" circle. Write an emotion on each petal and illustrate it on the other side. What have you drawn? Tell a story about it. How does it make you feel when you look at each side of the petals? Talk about it with your Mom or Dad. Glue the petals together to make a flower.

