



HELP YOUR KIDS MANAGE THEIR EMOTIONS!

THE CHALLENGE OF THE WEEK

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PRÉNOM:

DATE:

My week in Emotions

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Fill in the calendar below to get an overview of your emotions for the week

MONDAY Today, I feel: WHY? 	TUESDAY Today, I feel: WHY? 	WEDNESDAY Today, I feel: WHY? 	THURSDAY Today, I feel: WHY?
FRIDAY Today, I feel: WHY? 	SATURDAY Today, I feel: WHY? 	FRIDAY Today, I feel: WHY? 	

EMOTIONS

Joy
Happy, glad,
optimistic

Fear
Panicked, scared,
apprehension

Sadness
Alone, downcast,
rejected

Rage
Annoyed,
frustrated, angry





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THE LIST OF THE WEEK

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What I can feel...

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The surprise

Doubt

Fear

Trust

Love

Sadness

Happiness

Tiredness

Anxiety

Boredom

Depression

Unhappiness

Pride

Anger

Joy

Shame

Disgust

Serenity





HELP YOUR KIDS MANAGE THEIR EMOTIONS!

THE ACTIVITY OF THE WEEK

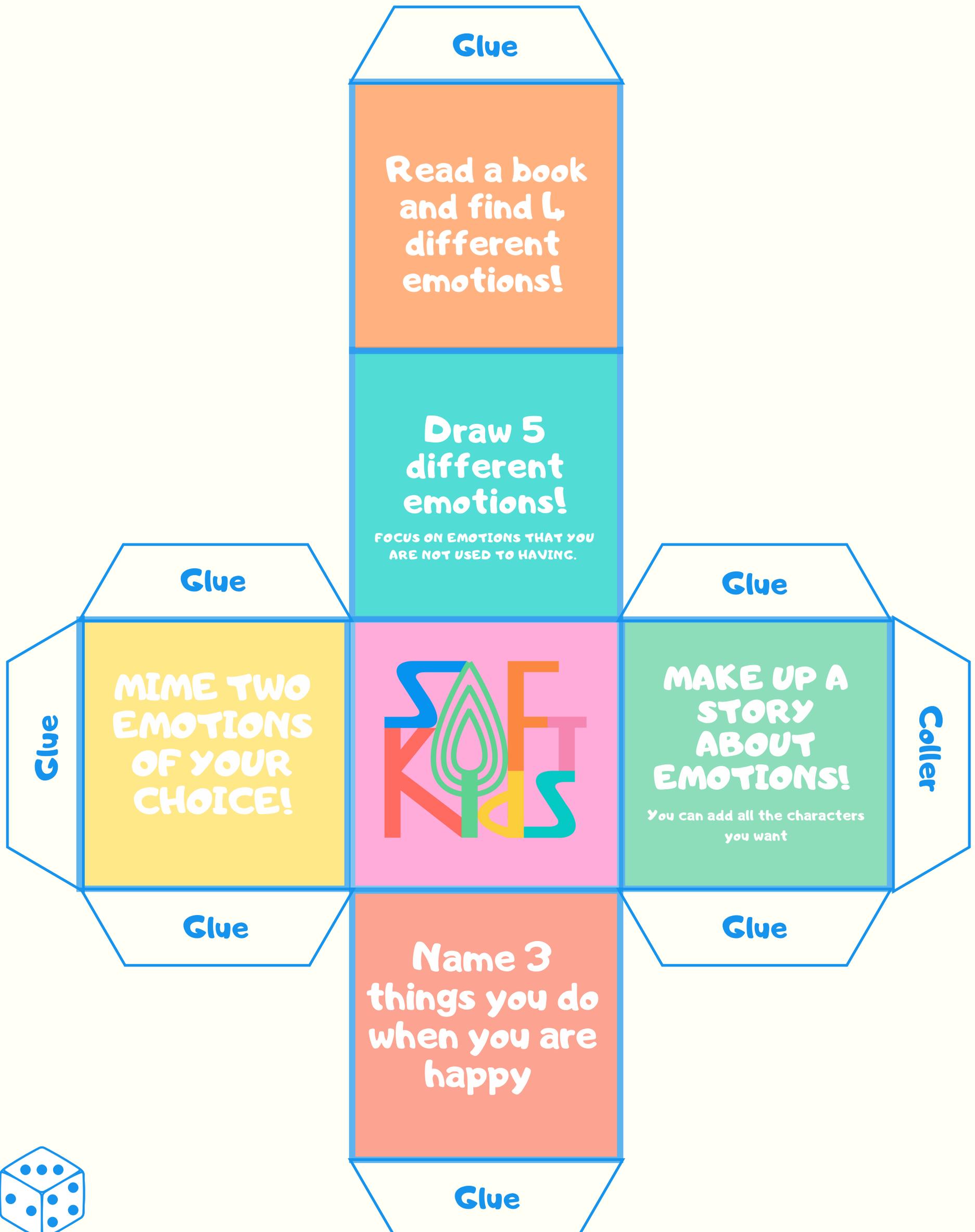
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The challenge of emotions

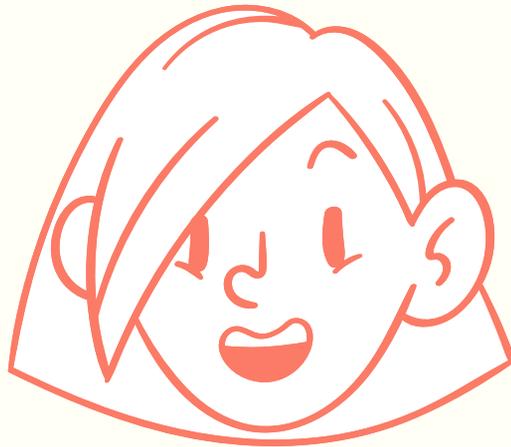
Cut out and shape the dice to complete the challenges!

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EMOTIONS!

Coloring



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GIVE CHILDREN EVERY CHANCE TO SUCCEED!