

Find 3 feelings
you've felt so
far today.
Talk about them.

Choose any card.
Even if it's a hard
feeling, what are
3 things you like
about it?

Choose any card.
Ask someone else
when they last felt
this way and why.

Pick a feeling.
Tell a story or
write about it.



CARE FOR FEELINGS

www.zenteredkids.com

Choose 1 card.
Imitate what
you see.
Talk about it.

Pick 2 random
feelings.
Talk about how
they are similar.

Pick any card.
Ask someone
else to share 2
things that make
them feel this
way and why.

Pick 2 random
feelings.
Talk about how
they are different.