

Emotions in the Sun

Draw lines to match each word to the picture that shows that feeling.

Happy

Sad



Frustrated

Tired



Proud Moments ABA





Emotions in the Sun



Draw or write what makes you feel this way
and what you can do about it.

Happy

I feel happy
when...

What helps me:

Sad

I feel sad
when...

What helps me:

Frustrated

I feel
frustrated when...

What helps me:

Tired

I feel tired
when...

What helps me:

Tip for Parents:

Help your child think of real-life examples for each feeling. Ask, "What can we do when you feel this way?" to build coping skills.



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