



EMOTIONS WHEEL & BIG FEELINGS



Big feelings can be fun (like when we're excited or feeling silly), and they can sometimes feel scary (like when we're angry or embarrassed). Practice noticing big feelings in yourself or someone else. When you feel or spot one, ask yourself (or someone else) "Why do I/you feel this way?" Then color color in that star below. Choose a different color for each of the big feelings.

BIG FEELINGS



EYE SPY BIG FEELINGS

One of Obediah Owl's favorite games is Eye Spy Emotions! You can play this game in a waiting room, a checkout line, or flipping through the pages of a book or magazine. Look for someone who seems happy or sad, angry or excited, silly or tired.

EMOTION MASKS

Fendi Fox's favorite game is Emotion Masks. Make a set of Big Feeling Masks by drawing faces on paper plates.

Practice wearing different faces. For example, wear the happy mask while acting angry or sad.

Sometimes, people feel a big emotion but cover it up with another "face." Does it ever feel safer to wear a mask to cover up a big feeling? Is hiding a big feeling hard to do?

LEARNING TO LEAD LIKE JESUS

Do you know what it means to be a leader? A leader is someone who helps others do the right things. Do you know who the very best leader is? It's Jesus!

CJ Star is learning to lead like Jesus, and he has some great tips to help you learn to lead more like Jesus, too!

JESUS WANTS US TO:

- ★ be kind.
- ★ tell the truth.
- ★ listen when our friends are talking.
- ★ share our toys.
- ★ take turns.
- ★ encourage others.
- ★ include everyone.
- ★ say, "I'm sorry," when we've hurt someone's feelings.
- ★ give our friends a high five when they've done something great!



FOLLOW THE LEADER is one of CJ Star's favorite games! Do you know how to play?

Choose someone to be the first leader. The first leader gives a direction like "Pretend to fly a kite," and everyone else follows.

The first leader chooses the second leader who gives a direction like "Laugh out loud!" Take turns until everyone has had at least one chance to lead.



COPYCAT

Neeley Joy has a favorite game, too! It's called Copycat!

To play this game, choose one person to be the leader. The leader will make a face (happy, sad, or funny) that everyone else will try to copy. Take turns until everyone has had a chance to be the leader.

COPYCAT SOUNDS

For this game, everyone will sit in a circle, and the leader will make a sound that the person on their left will try to copy. Each person copies the sound and passes it all the way around the circle, and then the next person leads. Think about all kinds of sounds: animal noises (monkey, cow, lion, or mouse), sound effects (bang, whiz, shhh), or other sounds (humming, blowing raspberries, or gargling). Take turns until everyone has had a chance to be the leader.

Today is a great day to lead and love like Jesus!

