



# EMOTIONS!



**DRAW AN EXAMPLE OF HOW YOU'RE FEELING RIGHT NOW:**

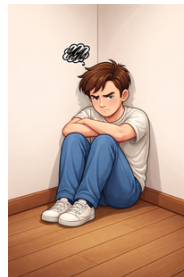
**WRITE OUT 5 EMOTIONS YOU'VE FELT IN THE LAST 3 DAYS OR SO.**

**KNOWING HOW WE ARE FEELING SO WE CAN FIX IT SO CRUCIAL TO GOOD MENTAL HEALTH.**

**TELL A PERSON NEXT TO YOU ABOUT A MOVIE YOU WOULD MAKE TO TEACH OTHER PEOPLE HOW TO UNDERSTAND THEIR EMOTIONS BETTER.**



**CIRCLE THE WAYS BELOW THAT ARE GOOD STRATEGIES TO FIX NEGATIVE EMOTIONS.**





**CAPTAIN CARROT'S HEALTH TIP OF THE DAY:**

**WE SHOULD NOT TRY TO HIDE NEGATIVE EMOTIONS, BUT KNOW HOW WE ARE FEELING SO WE CAN HELP OURSELVES OUT WITH THESE FEELINGS!**

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**HELP BRAINY BROCCOLI FIND THE PART OF HIS BODY THAT CONTROLS HIS EMOTIONS, THE BRAIN!**

