

## **Emotional Awareness for Kids**

- Eating fruits and vegetables keeps our bodies healthy and happy, having emotional awareness is important to keep our minds healthy and happy
- Spending some time thinking about how we feel can help us understand when we feel sad or angry, as well as when we feel happy and energetic
- When we do feel upset, angry, or sad, there are many things we can do to feel better:
  - Taking some deep breaths
  - Asking for a hug from someone you love
  - Having some quiet time
  - Eating one of our favorite healthy snacks to nourish our bodies

- Talking about how we feel with a friend or family member
- Put on your favorite song and take a dance break

**Using the Emotion Wheel:** Use the wheel to identify and talk about all the different emotions you might be feeling

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## Energy Collage Art Activity!

Step 1: Choose Which Fruit or Vegetable Most Describes You In This Moment! You can ask yourself "how am I feeling?" "how are my energy levels?"

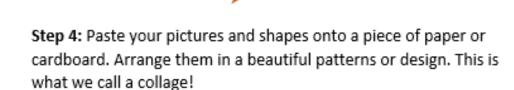
Red Pepper!	Yellow Banana!	Orange Orange!	Green Kale!	Blue Blueberry!	Purple Eggplant!
<ul> <li>Joyful</li> </ul>	<ul> <li>Calm</li> </ul>	<ul> <li>Sweet</li> </ul>	<ul> <li>Strong</li> </ul>	Caring	<ul> <li>Gentle</li> </ul>
Fierce	<ul> <li>Kind</li> </ul>	<ul> <li>Energetic</li> </ul>	<ul> <li>Grounded</li> </ul>	<ul> <li>Playful</li> </ul>	<ul> <li>Confident</li> </ul>
<ul> <li>Wiggly</li> </ul>	<ul> <li>Quiet</li> </ul>	<ul> <li>Bouncy</li> </ul>	<ul> <li>Sneaky</li> </ul>	<ul> <li>Giggly</li> </ul>	<ul> <li>Energetic</li> </ul>

Step 2: Gather some old newspapers, magazines, postcards, flyers, and pictures. Ask for permission before you start to cut!



Step 3: Cut out pictures that match your fruit or vegetable!

Ex. If you feel most like an eggplant today, cut out pictures and shapes that are purple!





Step 5: Place your beautiful collage somewhere you can see it every day! Make new collages when you learn about or try a new fruit or vegetable!

