



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! <ul style="list-style-type: none">• Joyful• Fierce• Wiggly	Yellow Banana! <ul style="list-style-type: none">• Calm• Kind• Quiet	Orange Orange! <ul style="list-style-type: none">• Sweet• Energetic• Bouncy	Green Kale! <ul style="list-style-type: none">• Strong• Grounded• Sneaky	Blue Blueberry! <ul style="list-style-type: none">• Caring• Playful• Giggly	Purple Eggplant! <ul style="list-style-type: none">• Gentle• Confident• Energetic
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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 4: Paste your pictures and shapes onto a piece of paper or cardboard. Arrange them in a beautiful patterns or design. This is what we call a collage!



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!

