

# ME WHEN I FEEL...




Adventures on the Inside  
Me When I Feel...  
Y3 - W3

**What to do:** In one of the big boxes draw a picture of yourself when you feel one of the four core emotions. For example, I might pick happiness and then draw a picture of me with a big smile on my face and an orange glow inside my tummy. Remember to think of what body sensations you might feel and show this in your picture too. Write the name of the emotion you have picked in the smaller box below.

**Another Challenge?:** Can you think of the other three core emotions? Do the same thing again, with the other three core emotions. Make sure to write the name of the emotion in the small boxes and draw pictures in the big boxes.

