

Feelings & Kindness Mat

Name the feeling, then choose the kindness

Point to how you feel today. It is okay to feel any way!

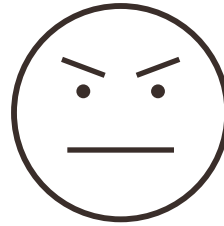
Then finish the sentences below with one kind thing you can do.



Happy



Sad



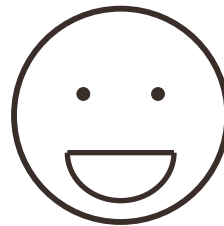
Angry



Scared



Calm



Excited

When I feel this way, one kind thing I can do is:

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.....

A kind thing someone can do for me is:

.....

.....

Kindness helps everyone feel better.

