



## FEELINGS RAINBOW

Emotions aren't right or wrong—they just are!

Identifying emotions plays an important role in learning to cope. This activity helps children recognize emotions and when they are likely to feel them.

### Instructions

- Share a feeling for each skittle you eat.
- Take turns sharing as a family until everyone has eaten all of their skittles.

FOR EVERY	SHARE
YELLOW	Round 1: One thing that makes you feel happy Round 2: One thing you felt about the person who died
GREEN	Round 1: One thing that makes you feel sad Round 2: One thing you felt when your loved one died
RED	Round 1: One thing that makes you feel angry Round 2: One thing that makes you feel frustrated
PURPLE	Round 1: One thing that makes you feel scared Round 2: One thing that makes you feel worried
ORANGE	Round 1: One thing that makes you feel proud Round 2: One thing that makes you feel embarrassed