



# Emotions Booklet

Discover, Express, and Empower Your Feelings

Little Soul Adventures: Alone in the Dark Edition

# "Emotions Booklet: "

Discover, Express, and Empower Your Feelings!

Welcome to the Emotions Booklet, where you'll embark on a journey through your emotions and uncover the world of feelings! This booklet is your personal space to understand, express, and cope with your emotions.

Let's dive in:

- 1. Drawing Expressions:** In this section, you'll find blank faces of Little Soul waiting to come alive with emotions. Draw the facial expression of a feeling you've experienced or seen, then write or label the emotion underneath. You'll explore a range of feelings, from happiness to sadness, and discover how they shape our experiences.
- 2. Little Soul's Feelings:** Connect with Little Soul's adventures as you identify the emotions they're experiencing. Write or label the feeling that best matches how Little Soul feels in each scenario. You'll see that just like you, Little Soul also goes through a variety of emotions on their magical journey.
- 3. My Feelings Today:** Reflect on your own emotions and experiences. Draw the expression on Little Soul's face that matches how you're feeling today, then write about your emotions and the reasons behind them. This is your chance to connect with your feelings and share your thoughts.
- 4. Coping Strategies:** Explore different ways to handle your emotions when they get challenging. Create your own to list coping strategies that help you feel better. Whether it's taking deep breaths, talking to a friend, or enjoying a hobby, you'll have a toolkit to navigate through tough times.

This Emotions Explorer Booklet is your safe space to dive into the ocean of feelings, understand yourself better, and develop healthy ways to manage your emotions. With every page you complete, you're building emotional intelligence and empowering yourself to thrive in any situation. Get ready to express, explore, and embrace your feelings like never before!

Draw a facial expression of a feeling you have experienced or seen, and write or label the feeling underneath.



Empty rounded rectangular box for labeling the first character.

Empty rounded rectangular box for labeling the second character.

Empty rounded rectangular box for labeling the third character.



Empty rounded rectangular box for labeling the first character.

Empty rounded rectangular box for labeling the second character.

Empty rounded rectangular box for labeling the third character.

Write or label the feeling that best show how Little Soul feels.



Write or label the feeling that best show how Little Soul feels.



Draw on Little Soul's face how you are feeling today.



I am feeling

I am feeling \_\_\_\_\_ because...

# What coping strategies do you use to feel better?

When I am \_\_\_\_\_, I can ...

Happy	Sad	Scared
Happy	Sad	Scared
Happy	Sad	Scared
Happy	Sad	Scared
Happy	Sad	Scared
Proud	Mad	Surprised
Proud	Mad	Surprised
Proud	Mad	Surprised
Proud	Mad	Surprised
Proud	Mad	Surprised



Worried	Nervous	Frightened
Worried	Nervous	Frightened
Worried	Nervous	Frightened
Worried	Nervous	Frightened
Worried	Nervous	Frightened
Shy	Guilty	Peaceful
Shy	Guilty	Peaceful
Shy	Guilty	Peaceful
Shy	Guilty	Peaceful
Shy	Guilty	Peaceful

Safe	Confident	Excited
Safe	Confident	Excited
Safe	Confident	Excited
Safe	Confident	Excited
Safe	Confident	Excited
Angry	Furious	Frustrated
Angry	Furious	Frustrated
Angry	Furious	Frustrated
Angry	Furious	Frustrated
Angry	Furious	Frustrated

Hungry	Tired	Bored
Hungry	Tired	Bored
Hungry	Tired	Bored
Hungry	Tired	Bored
Hungry	Tired	Bored
Exhausted	Confused	Sick
Exhausted	Confused	Sick
Exhausted	Confused	Sick
Exhausted	Confused	Sick
Exhausted	Confused	Sick

Cold	Silly	Hurt
Cold	Silly	Hurt
Cold	Silly	Hurt
Cold	Silly	Hurt
Cold	Silly	Hurt
Safe	Overwhelmed	
Safe	Overwhelmed	
Safe	Overwhelmed	
Safe	Overwhelmed	
Safe	Overwhelmed	
