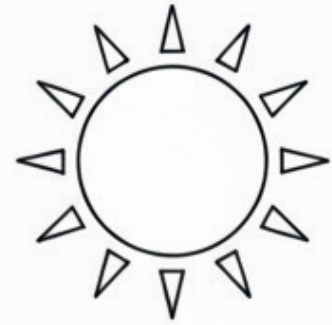


BENNY'S FEELINGS

MATCH-UP

Color and benny and trace the feeling to the icon.



Happy



Sad



Angry

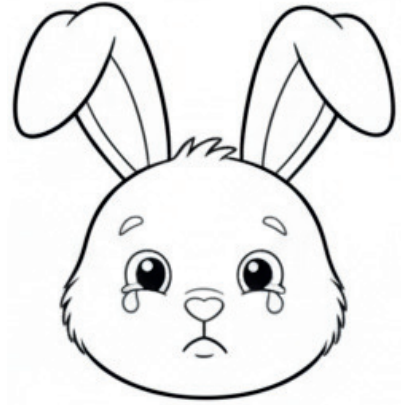
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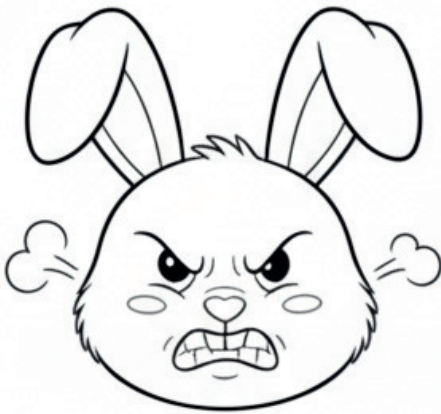
MY FEELINGS TODAY



Happy



Sad



Angry



Calm

Today I feel _____

Because _____

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MY CLOUD FEELINGS

Draw your feelings inside the clouds.
Feelings move and change like clouds!



Happy



Calm



Sad



Angry



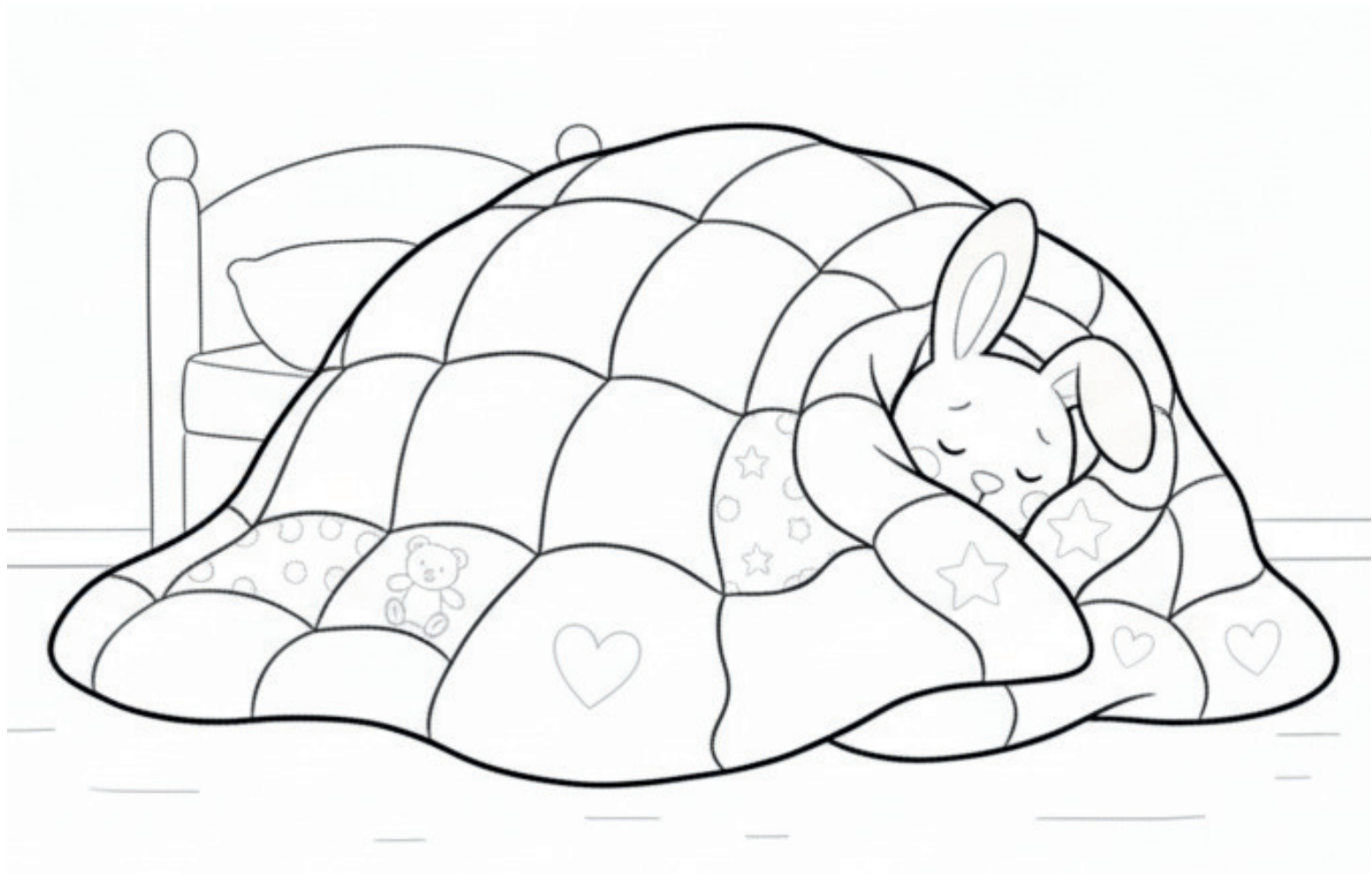
Scared

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MY SAFE BLANKET

Draw thing that make you feel safe
inside the blanket!



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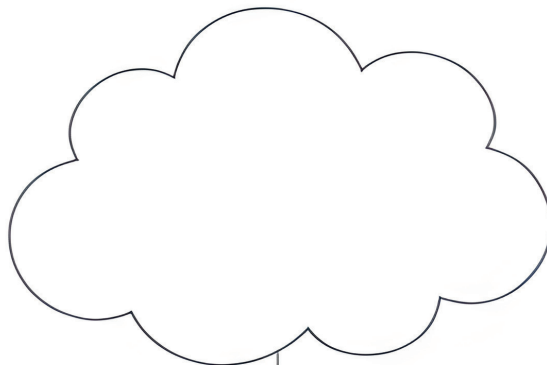
BENNY'S CHANGING FEELINGS

Draw the feelings in the clouds! How does Benny feel?

MAD



HAPPY



Sometimes feelings mix!
What's in this cloud?

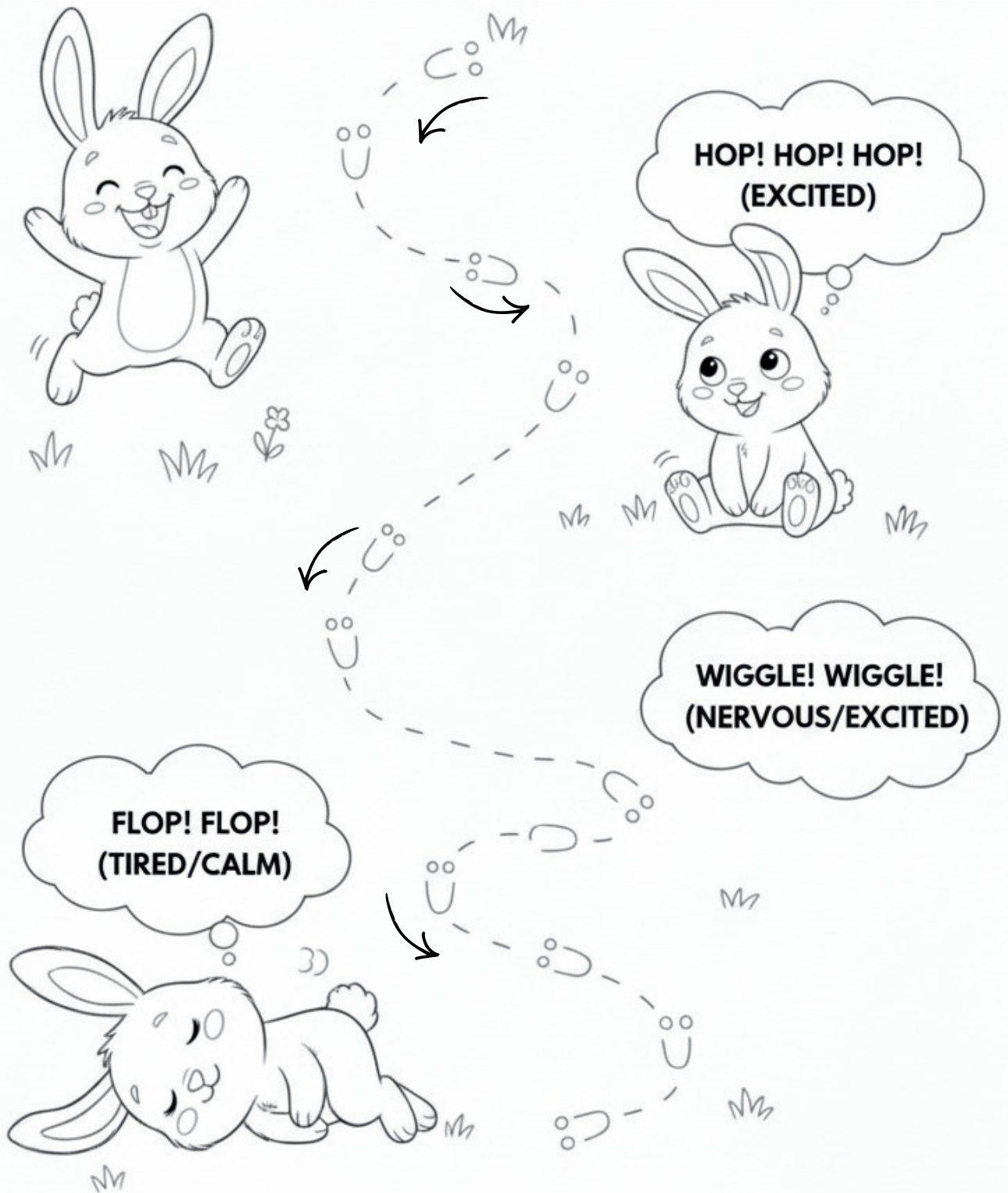


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BENNY'S 'WIGGLE & FLOP' PATH

Color Benny and do the moves!



Move with Benny! Follow the path with your finger and do the moves!

Check out the
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BENNY'S FEELING JAR

Sometimes Benny feels two things at once! He might be nervous and excited.

What is in your feeling jar today? Color the jar with swirls of your favorite colors to show how you feel. Are your feelings mixing together?



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THE SLOW-DOWN STEPS

Color each step and help Benny breathe his way to calm!



Check out the
Feelings & Emotions
book collection



THE SHAKE-O-METER

Try this: Stand up and shake your arms and legs as fast as you can for five seconds!



Now, color in Benny's "vibration lines" using your favorite bright colors to show all that wiggly energy!

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CATCH A GIGGLE!

These giggles are tucked away in Benny's jar, waiting to make him smile.



Your Turn: The giggles are inside the jar, but they need their faces!
Draw smiley faces inside the circles to wake them up. Use your
favorite bright colors to make each giggle look extra happy!

Check out the
Feelings & Emotions
book collection



THE SETTLE-DOWN STAR

When the world feels a little too loud or too fast,
Benny uses his Settle-Down Star.

1. Sit still

Find a cozy spot
and plant your feet.

2. Close eyes

Give your eyes a
little rest.

3. Listen

What is the quietest
sound you can
hear?

5. Smile

Think of one thing
that makes you
feel warm inside.

4. Breathe

Take one slow,
deep breath, just
like Benny.

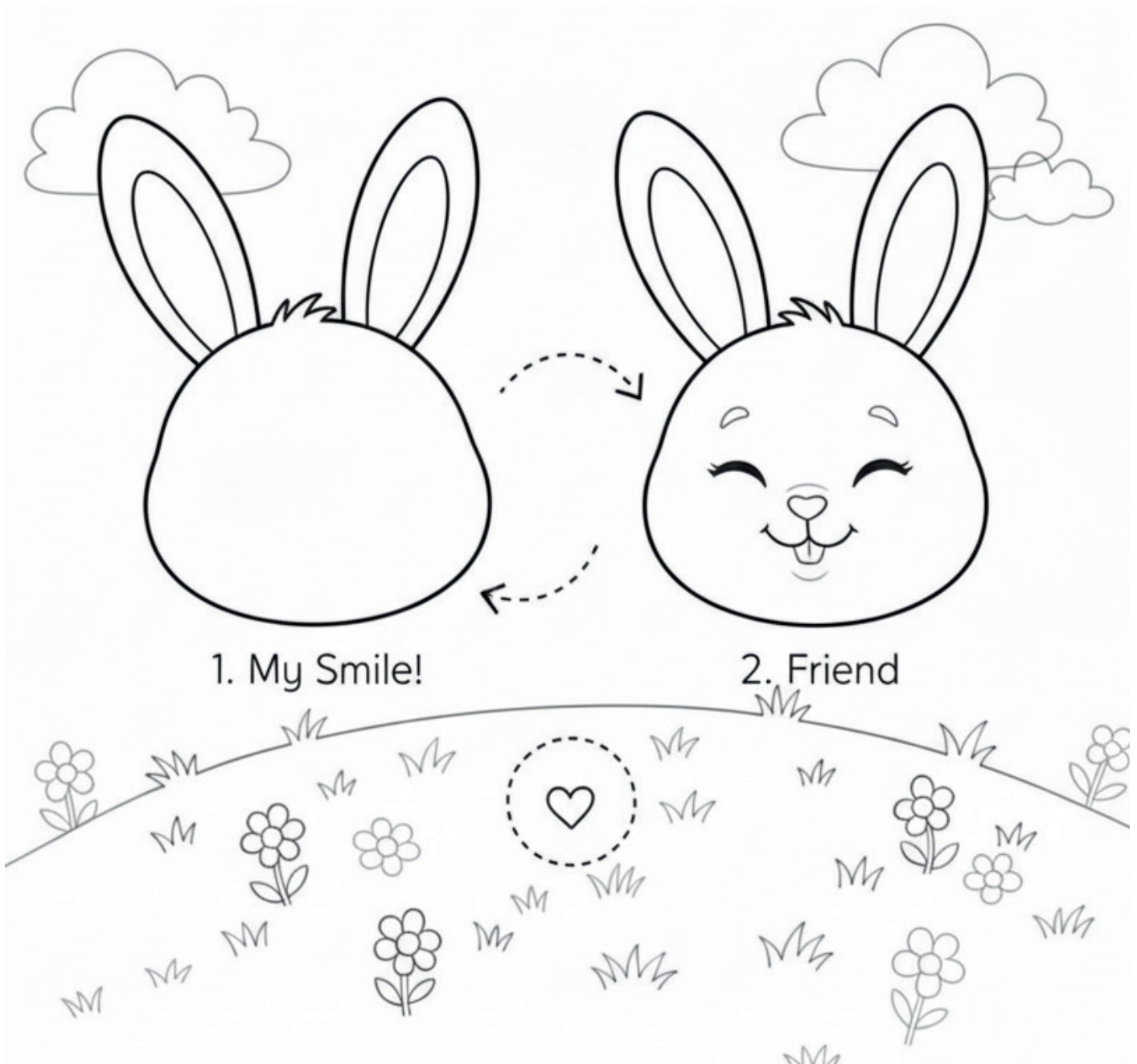
Color each point of the star as you finish the task. By the time the
star is bright and colorful, you'll be a calm bunny too!

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PASS THE SMILE

Smiles are magical! When you share one, it can make someone's whole day brighter!



First, draw a BIG, HAPPY SMILE! Then, go find a friend, teacher, or family member and give them a smile!

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Feelings & Emotions
book collection

