

# Feelings

## Color Zones



CUT AND PASTE • GRADES 1-2



• 44 pages • color + ink-saver

Cut-and-paste and write-in activities about feelings, body clues, feeling size and calm-down choices, with four color zones. 1st and 2nd grade, special education.

### What's inside

| ACTIVITY                                                                            | PAGES | LEVELS           |
|-------------------------------------------------------------------------------------|-------|------------------|
| Feelings sort: 20 feelings faces onto the 4 colors                                  | 4–6   | ● ■ + faces page |
| Body clues: 12 short-sentence cards onto the 4 colors                               | 7–9   | ● ■ + cards page |
| What happened? 6 sentence cards: glue the feeling and the color                     | 10–13 | ● ■              |
| Sentence frames: “I feel ___ when ___.” and “When I am in the ___ zone, I can ___.” | 14–17 | ● ■              |
| How big is my feeling? 6 cards on a 1-2-3 scale                                     | 18–19 | ● ■              |
| My calm-down plan: a card to cut out and laminate                                   | 20–21 | ● ■              |
| My week: a Monday-Friday check-in sheet and 20 color stickers                       | 22–23 | print weekly     |
| Ink-saver copies of every student page                                              | 24–43 | line art         |

### How to use it

- ☐ Read each page's one short direction aloud. Student pages carry a name line, that one direction, and a word or short sentence with every picture.
- ☐ Each activity comes in two levels, marked with a small shape so children do not compare: ● **starting** — picture-supported, with a faint copy of each answer in its box where the task has one; ■ **building** — empty boxes, and more writing on primary lines (the feeling word, the “when”, the calm choice, the child's own body clue and plan idea).
- ☐ Cutting: every piece sits edge to edge in a strip, so each cut is one straight line, and every cutting page has at least 5 pieces. The feelings faces (page 6), body clue cards (page 9) and color stickers (page 23) have their own pages and work with either level.
- ☐ Talk before gluing: “What happened? How would you feel? How big is that feeling?” Many feelings fit more than one color — accept an answer the child can explain.
- ☐ Calm-down plan (pages 20–21): the child picks 3 of the 10 choices; cut out the card and laminate it for a desk or a binder. My week (pages 22–23): print a sheet each week and keep the stickers in an envelope.

### Your school's program comes first

The four colors here are a simple, common way to talk about feelings. If your school uses a feelings or self-regulation program, use its words and colors with these pages; every page also works as a plain sorting, matching and writing activity. The calm-down cards are the child's own choices — nothing here pairs a choice with a feeling or a color.

### What you'll need

Crayons, a pencil, a glue stick and child-safe scissors. For the plan card: a laminator. Everything else is print and go. For younger or beginning students, our kindergarten version uses the same colors and faces with bigger pieces and no writing.

My name: \_\_\_\_\_

Feelings sort • •

 Match each face.



Blue



sad



tired



sick



bored



disappointed



Green



happy



calm



focused



proud



Yellow



worried



nervous



silly



excited



frustrated



confused



embarrassed



jealous



Red



mad



scared



overwhelmed

Color a star when you finish!

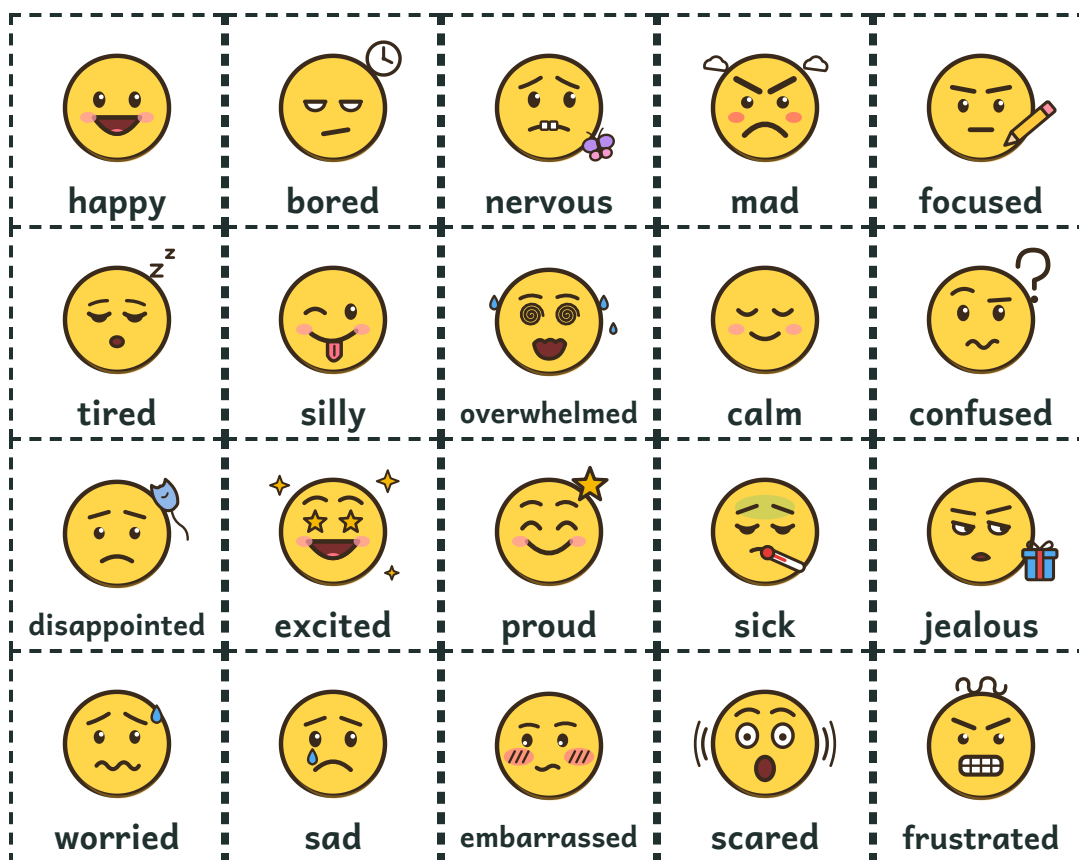


My name: \_\_\_\_\_

Feelings sort · faces to cut

 Cut out the 20 faces.

 Cut on the dashed lines. Glue the faces on your color page.



Color a star when you finish!



My name: \_\_\_\_\_

Body clues • •

 Match each card.



**Blue**



I have tears.



I yawn a lot.



My body feels slow.



**Green**



I have a big smile.



My body is calm.



I can listen.



**Yellow**



My body is wiggly.



My heart beats fast.



My tummy feels funny.



**Red**



My hands make fists.



My face feels hot.



I want to yell.

Color a star when you finish!



My name: \_\_\_\_\_

Body clues • cards to cut

 Read and cut out the cards.

 Cut on the dashed lines. Glue the cards on your color page.

|                                                                                                            |                                                                                                        |                                                                                                             |                                                                                                               |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <br>My face feels hot.    | <br>I yawn a lot.     | <br>My body is wiggly.    | <br>I have a big smile.    |
| <br>My tummy feels funny. | <br>I have tears.     | <br>I can listen.         | <br>My hands make fists.   |
| <br>My body is calm.    | <br>I want to yell. | <br>My body feels slow. | <br>My heart beats fast. |

Color a star when you finish!



My name: \_\_\_\_\_

What happened? 1 • ■

 **Glue a feeling and a color.**

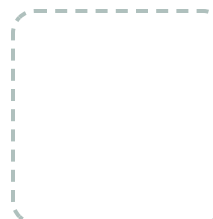
feeling

color



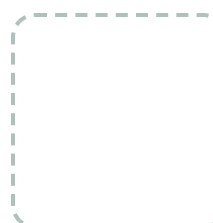
**My tower fell down.**

I feel \_\_\_\_\_.



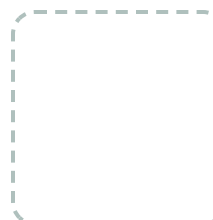
**I got a new puppy.**

I feel \_\_\_\_\_.

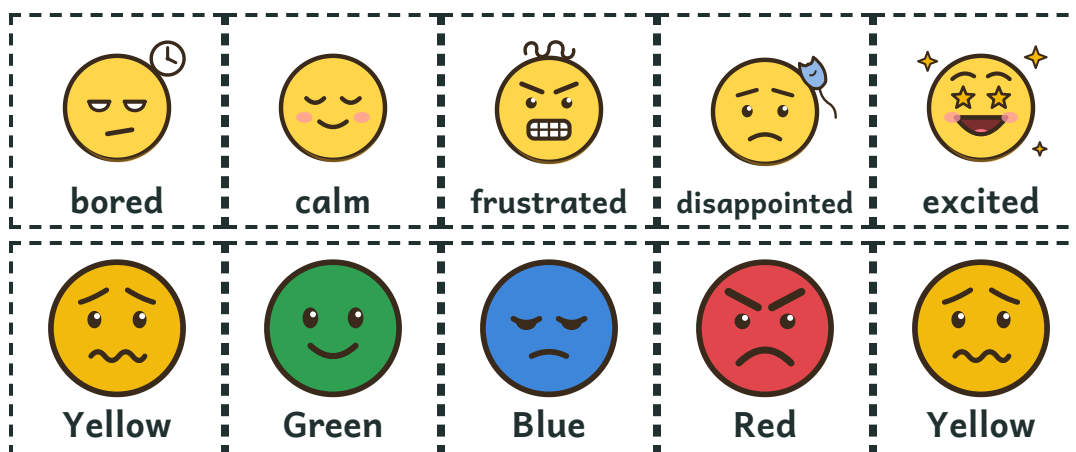


**We wait in a long line.**

I feel \_\_\_\_\_.



 Cut on the dashed lines.



Some pieces are left over.

Color a star when you finish!



My name: \_\_\_\_\_

What happened? 2 • ■



Glue a feeling and a color.



I read my story to the class.

I feel \_\_\_\_\_.



feeling

color

|  |  |
|--|--|
|  |  |
|--|--|



I spilled milk on my shirt.

I feel \_\_\_\_\_.



|  |  |
|--|--|
|  |  |
|--|--|



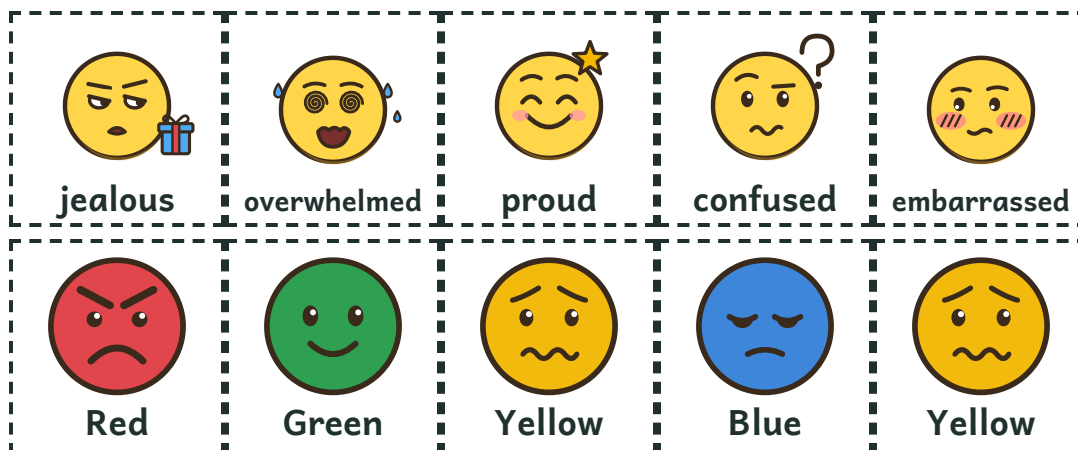
Everyone talks loud at once.

I feel \_\_\_\_\_.



|  |  |
|--|--|
|  |  |
|--|--|

✂ Cut on the dashed lines.



Some pieces are left over.

Color a star when you finish!



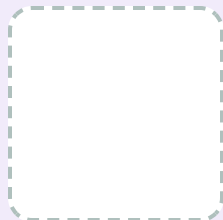
My name: \_\_\_\_\_

I feel \_\_\_\_ when \_\_\_\_.



Glue a feeling. Write when.

I feel



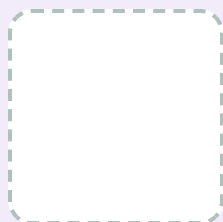
when

I feel



when

I feel



when

✂ Cut on the dashed lines.



happy



sad



excited



frustrated



calm



worried

Color a star when you finish!



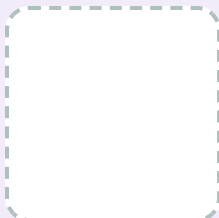
My name: \_\_\_\_\_

When I am in the \_\_\_\_ zone ▪



Glue a color. Write what you can do.

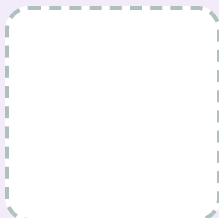
When I am in the



zone,

I can \_\_\_\_\_ .

When I am in the



zone,

I can \_\_\_\_\_ .

When I am in the



zone,

I can \_\_\_\_\_ .

✂ Cut on the dashed lines.



Blue



Green



Yellow



Red



Yellow



Red

Color a star when you finish!



My name: \_\_\_\_\_

How big is my feeling? • ■



How big is the feeling? Glue it.

1  a little

2  medium

3  a lot

 Cut on the dashed lines.



I lost the game.



I can't find my grown-up at the store.



My pencil broke.



My best friend is moving away.



It rains at recess.



My friend is not at school today.

Color a star when you finish!



My name: \_\_\_\_\_

My calm-down plan • ■



Glue 3 choices. Write your idea.



## My Calm-Down Plan

Name: \_\_\_\_\_

When I need to calm down, I can:

1

2

3

My own idea: \_\_\_\_\_

A grown-up who helps me: \_\_\_\_\_

Cut out the plan card. A grown-up can laminate it.

✂ Cut on the dashed lines.

|                                                                                                     |                                                                                                        |                                                                                                     |                                                                                                        |                                                                                                          |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <br>count to 5   | <br>listen to music | <br>deep breaths | <br>draw a picture | <br>quiet corner    |
| <br>hug a stuffy | <br>blow bubbles    | <br>read a book  | <br>drink water   | <br>ask for a break |

Color a star when you finish!



My name: \_\_\_\_\_

My week · check-in sheet

 **How do I feel today? Glue my color.**



Glue a color sticker. Then write how you feel.

morning

after lunch

**Monday**

|  |  |
|--|--|
|  |  |
|--|--|

I feel \_\_\_\_\_ .

**Tuesday**

|  |  |
|--|--|
|  |  |
|--|--|

I feel \_\_\_\_\_ .

**Wednesday**

|  |  |
|--|--|
|  |  |
|--|--|

I feel \_\_\_\_\_ .

**Thursday**

|  |  |
|--|--|
|  |  |
|--|--|

I feel \_\_\_\_\_ .

**Friday**

|  |  |
|--|--|
|  |  |
|--|--|

I feel \_\_\_\_\_ .

Color a star when you finish!

