

Feelings

Color Zones



CUT AND PASTE



Cut-and-paste activities about feelings, body clues and calm-down choices, with four color zones. Kindergarten, special education, lots of pictures.

What's inside

ACTIVITY	PAGES	LEVELS
Feelings sort: 12 faces onto the 4 colors	4–6	● ■ + faces page
Body clues: 8 picture cards onto the 4 colors	7–8	● ■
Calm-down choices: my own “I can...” board	9–10	● ■
What happened? 6 picture stories, glue a feelings face	11–14	● ■
My color today: check-in strip and choice board	15–16	cut and laminate
Ink-saver copies of every student page	17–29	line art

How to use it

- ☐ Read each page's one short direction aloud and point to the picture. Student pages carry a name line, that one direction, and a short label under each picture.
- ☐ Each activity comes in two levels, marked with a small shape so children do not compare: ● **starting** — a faint copy of each answer is printed in its box, so the child matches picture to picture; ■ **building** — the same task with empty boxes.
- ☐ Cutting is built for small hands: big pieces edge to edge, so each cut is one straight line. The feelings faces have their own page (page 6), which works with either level. Pre-cut for a child who is not cutting yet.
- ☐ Talk about the picture before gluing: “What happened? How would you feel?” Many feelings can fit more than one color — accept an answer the child can explain.
- ☐ Check-in strip (page 15): cut around the dashed line, laminate, and add a hook-and-loop dot to each color and to the back of each “me” star. Choice board (page 16): laminate the board and the cards, and add dots to the three boxes and the card backs.
- ☐ Print the color pages, or the ink-saver pages at the back on a photocopier. On ink-saver pages children can color each column's face to match its color word.

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 and matching activity. The calm-down cards are the child's own choices — nothing here pairs a choice with a feeling. Pick the ones that fit your classroom and leave the rest out.

What you'll need

Crayons, a glue stick and child-safe scissors. For the check-in strip and the choice board: a laminator and hook-and-loop dots. Everything else is print and go.

My name: _____

Feelings sort • •

 Match each face.



Blue



sad



tired



sick



Green



happy



calm



proud



Yellow



silly



worried



excited



frustrated



Red



mad



scared

Color a star when you finish!



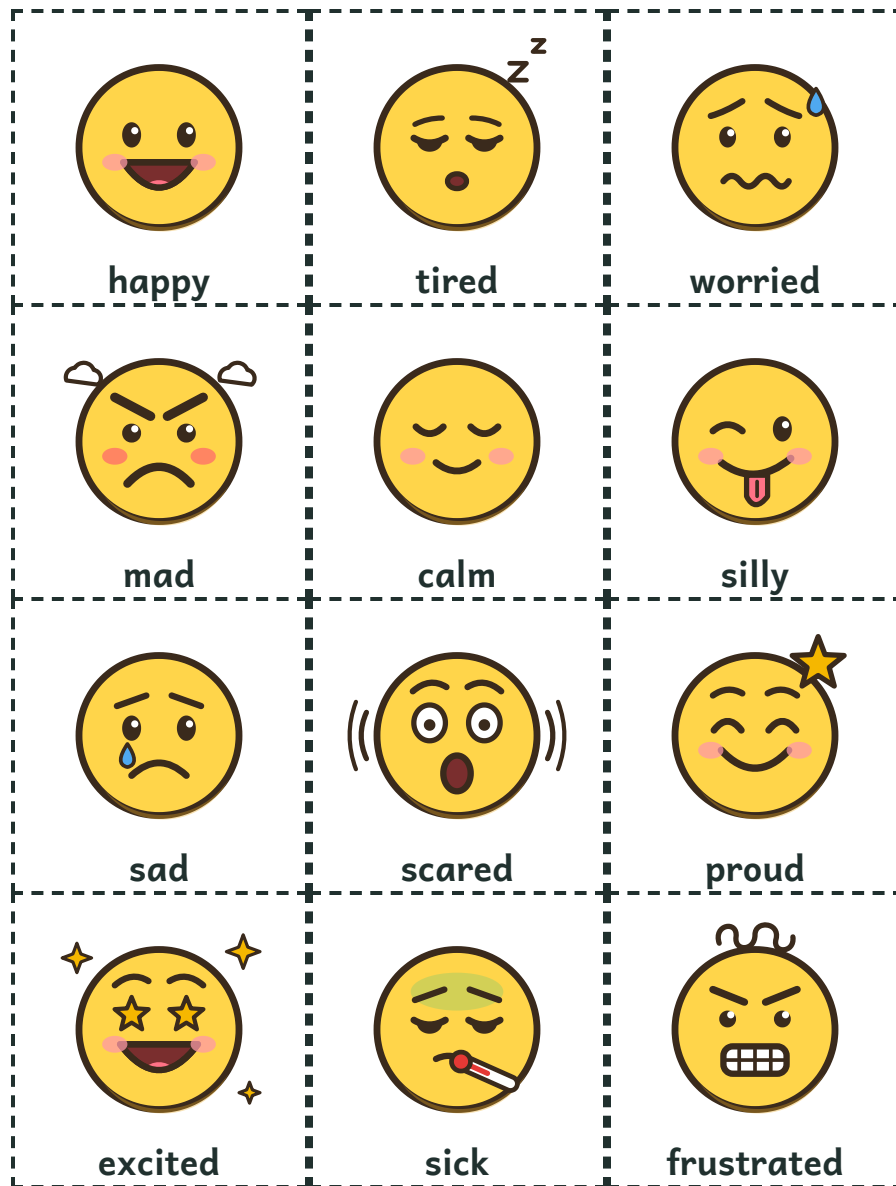
My name: _____

Feelings sort · faces to cut



Cut out the faces.

✂ Cut on the dashed lines. Glue them on your color page.



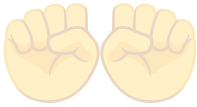
Color a star when you finish!



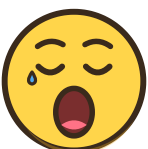
My name: _____

Body clues • •

 Match each picture.

 Blue	 Green	 Yellow	 Red
 tears	 big smile	 wiggly body	 tight fists
 yawning	 calm body	 fast heart	 hot face

 Cut on the dashed lines.

 hot face	 yawning	 wiggly body	 big smile
 tight fists	 tears	 calm body	 fast heart

Color a star when you finish!



My name: _____

Calm-down choices • •

 Match the pictures.

 I can...



deep breaths



drink water



hug a stuffy



count to 5



ask for a break



quiet corner



read a book



listen to music

 Cut on the dashed lines.



count to 5



listen to music



deep breaths



quiet corner



hug a stuffy



read a book



drink water



ask for a break

Color a star when you finish!



My name: _____

What happened? 1 • •

Match the faces.



my ice cream fell



sad



birthday party



excited



loud thunder



scared

 Cut on the dashed lines.



excited



sick



scared



sad



calm

Two faces are left over.

Color a star when you finish!



My name: _____

My color today · check-in strip

😊 How do I feel? Show my color.



Blue



Green



Yellow



Red



✂ Cut on the dashed lines.



me



me



me



me



me

Color a star when you finish!



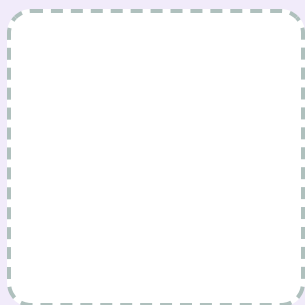
My name: _____

My color today · choice board



My choice board

I feel



I can



or



✂ Cut on the dashed lines.

 Blue	 Green	 Yellow	 Red
 count to 5	 listen to music	 deep breaths	 quiet corner
 hug a stuffy	 read a book	 drink water	 ask for a break

Color a star when you finish!

