

Feelings

Color Zones



CUT AND PASTE • SET 2



Set 2: four new cut-and-paste activities about feelings, with four color zones. Kindergarten and 1st grade, special education, lots of pictures.

What's inside

ACTIVITY	PAGES	LEVELS
Build a face: glue eyes and a mouth on a face for each color, then color it	4–7	● ■
Feelings stories: put 4 pictures in order (4 stories)	8–11	● ■
Color puzzles: one 6-strip puzzle for each color	12–15	numbered strips
My calm toolbox: 8 calm choices, the child picks	16–17	● ■
Ink-saver copies of every student page	18–31	line art

How to use it

- ☐ Read each page's one short direction aloud and point to the picture. Every activity here is new: none repeats Set 1.
- ☐ 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.
- ☐ Build a face: each page has two faces and six pieces; two pieces belong to the other page and are left over. After gluing, children color each face to match its color word.
- ☐ Feelings stories: talk through each row before cutting. "What happened first? How does the child feel? What did they do next?" Pieces from both stories on the page are mixed in one strip.
- ☐ Color puzzles: the strips are printed out of order and numbered 1–6 at the bottom; the mat shows the faint picture and the numbers. For a child who is not cutting yet, pre-cut the strips.
- ☐ My calm toolbox: every choice the child picks is right. Practice the choices together while everyone is calm.

Your school's program comes first

The four colors are a simple, common way to talk about feelings. If your school uses a feelings or self-regulation program, use its words with these pages. The stories show one child's day; they are not a treatment or a promise that a choice works, and the toolbox pairs no choice with a feeling.

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What you'll need

Crayons, a glue stick and child-safe scissors. Print in color, or use the ink-saver pages at the back on a photocopier.

My name: _____

Build a face 1 • •



Match the eyes and mouth.

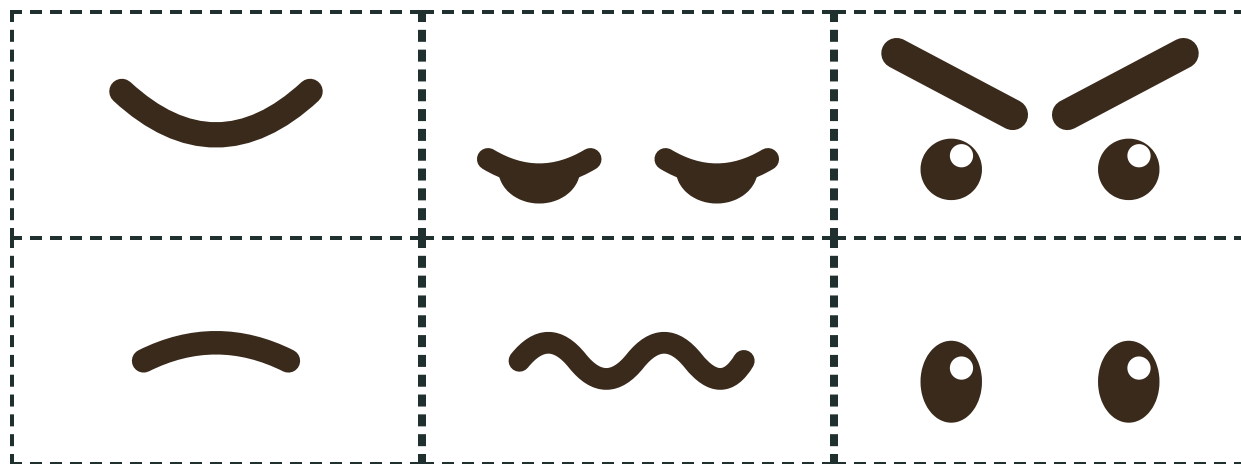


● Blue: tired



● Green: happy

✂ Cut on the dashed lines. Two pieces are left over.



Color a star when you finish!

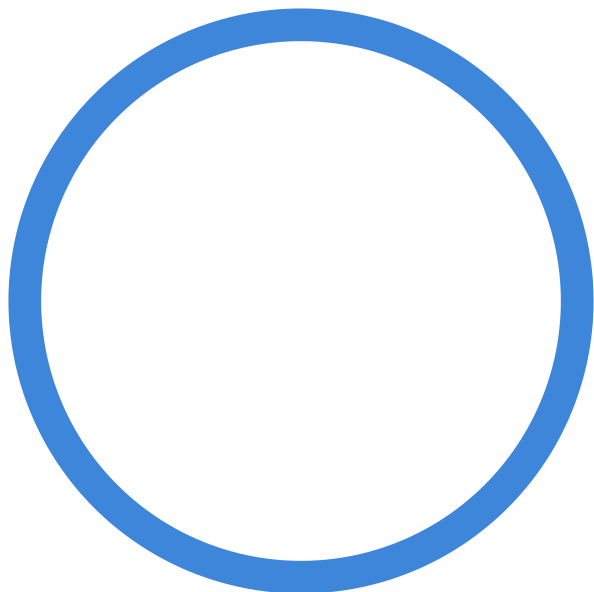


My name: _____

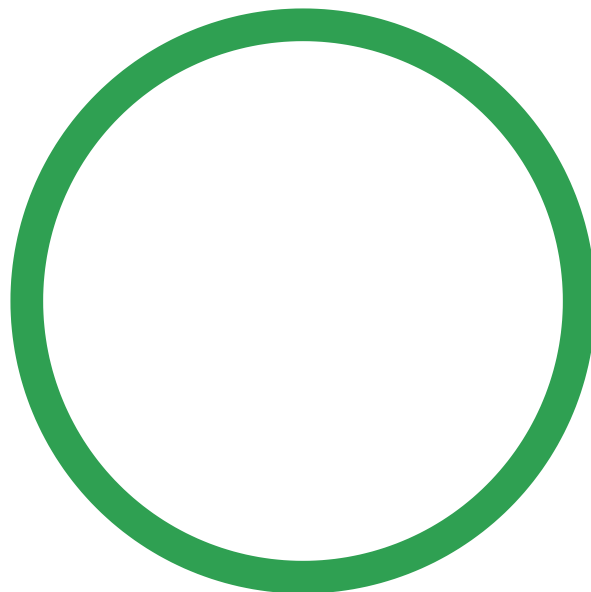
Build a face 1 • ■



Make each face. Then color it.

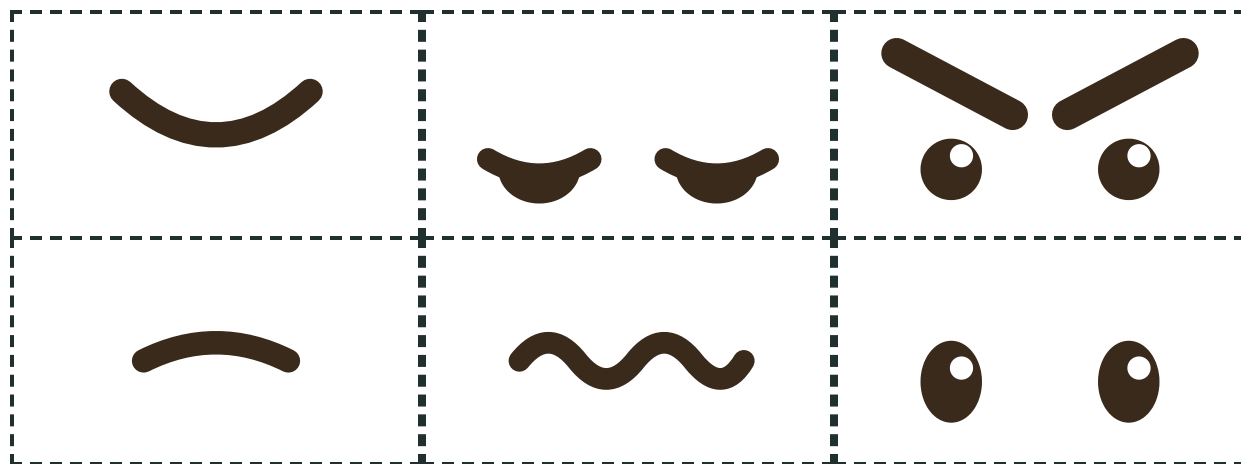


● Blue: tired



● Green: happy

✂ Cut on the dashed lines. Two pieces are left over.

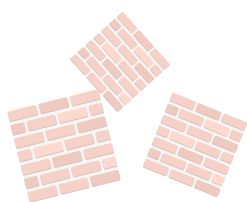


Color a star when you finish!



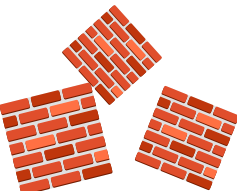
My name: _____

Match the pictures.

1 First	2 Next	3 Then	4 Last
 my tower fell	→  I feel mad	→  deep breaths	→  I feel calm

1 First	2 Next	3 Then	4 Last
 no recess today	→  I feel sad	→  hug a stuffy	→  I feel better

 Cut on the dashed lines.

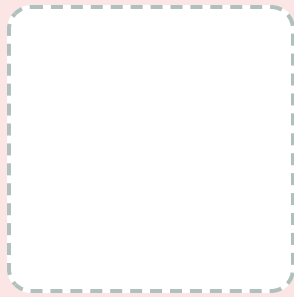
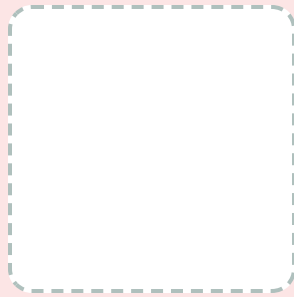
 hug a stuffy	 I feel mad	 no recess today	 I feel calm
 I feel better	 my tower fell	 I feel sad	 deep breaths

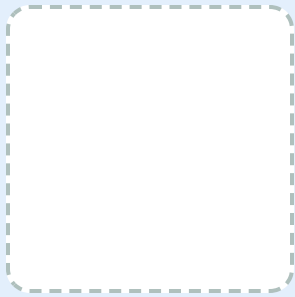
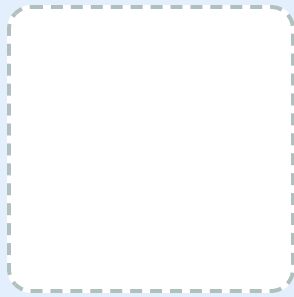
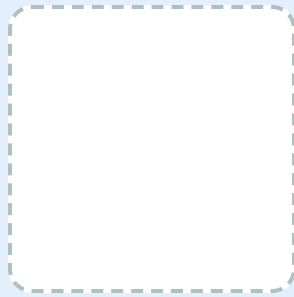
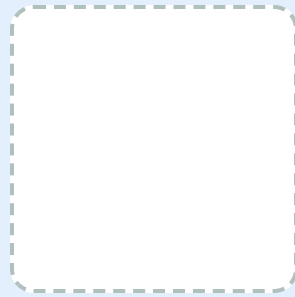
Color a star when you finish!



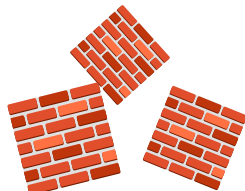
My name: _____

 Put the story in order.

1 First	2 Next	3 Then	4 Last
			

1 First	2 Next	3 Then	4 Last
			

 Cut on the dashed lines.

 hug a stuffy	 I feel mad	 no recess today	 I feel calm
 I feel better	 my tower fell	 I feel sad	 deep breaths

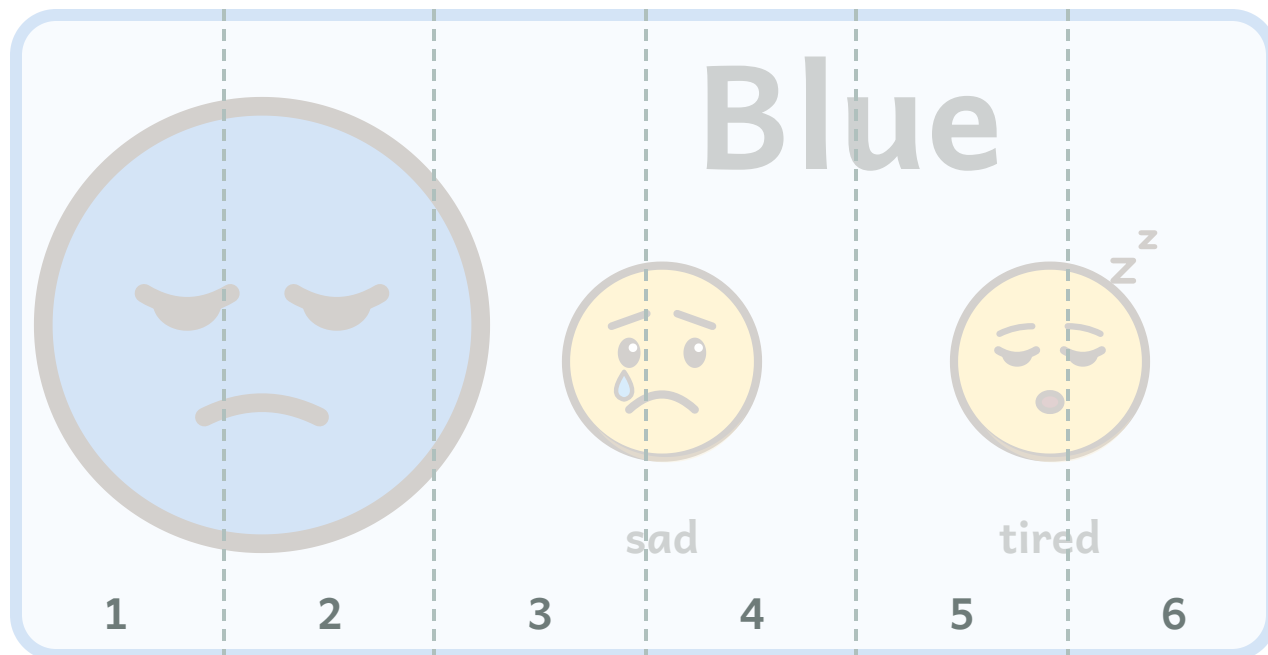
Color a star when you finish!



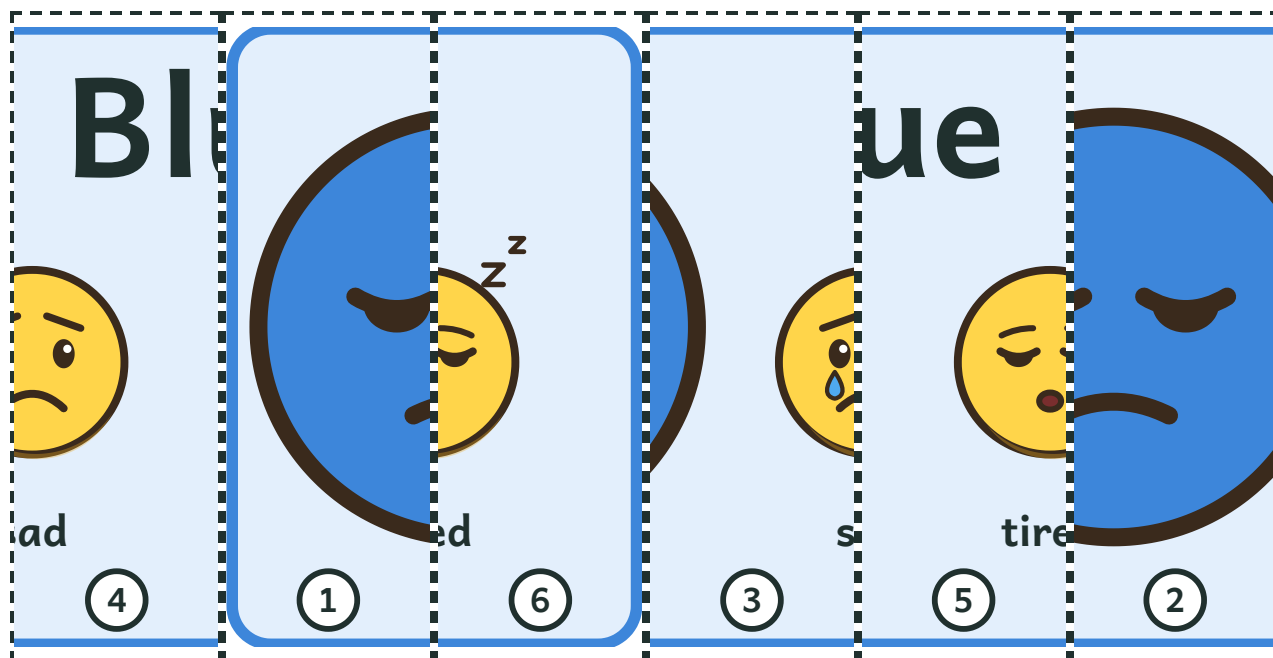
My name: _____

Color puzzle · blue

 Cut the strips. Glue them in order.



 Cut on the dashed lines.



Color a star when you finish!



My name: _____

My calm toolbox • •



Match the pictures.



My calm toolbox



blow bubbles



smell a flower



stretch



draw a picture



take a walk



hug myself



rest my head



sing a song

✂ Cut on the dashed lines.



draw a picture



blow bubbles



rest my head



stretch



sing a song



take a walk



smell a flower



hug myself

Color a star when you finish!



My name: _____

My calm toolbox • ■



Pick your calm tools. Glue them.



My calm toolbox



My idea: draw it.

✂ Cut on the dashed lines.



Color a star when you finish!

