

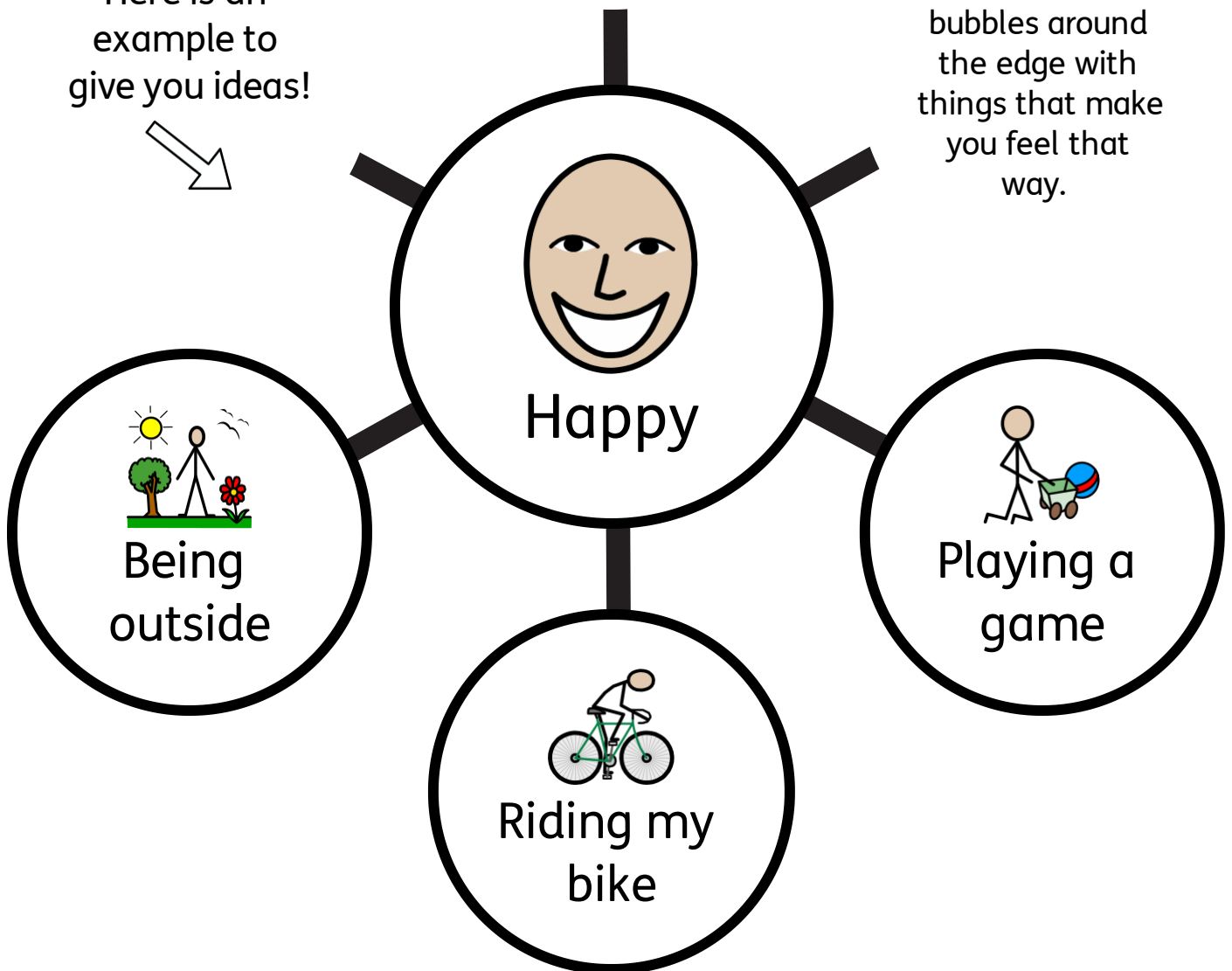
Emotion Maps.

Have a look at the emotion in the middle of the mind map.

Here is an example to give you ideas!

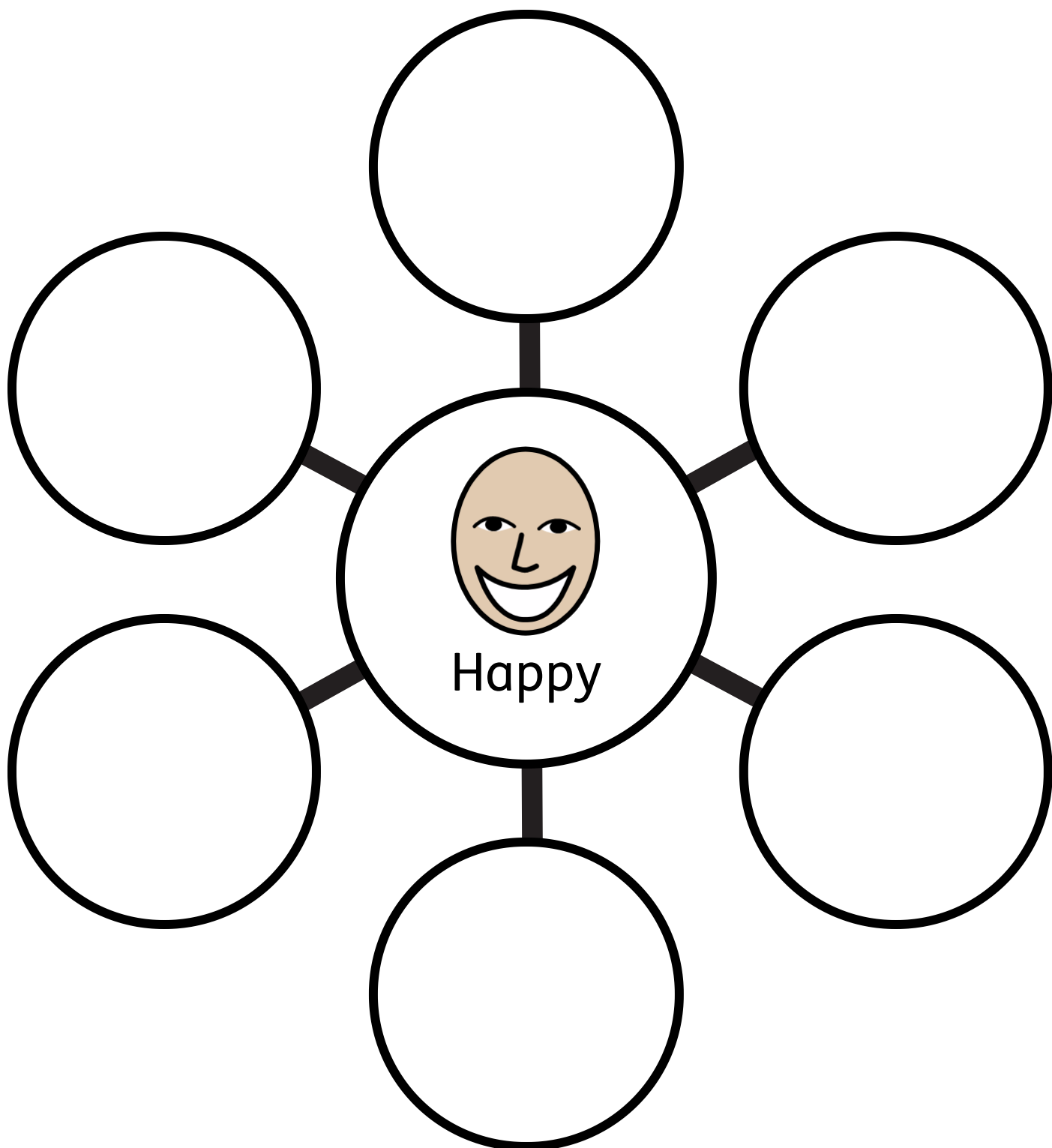


Fill in the bubbles around the edge with things that make you feel that way.

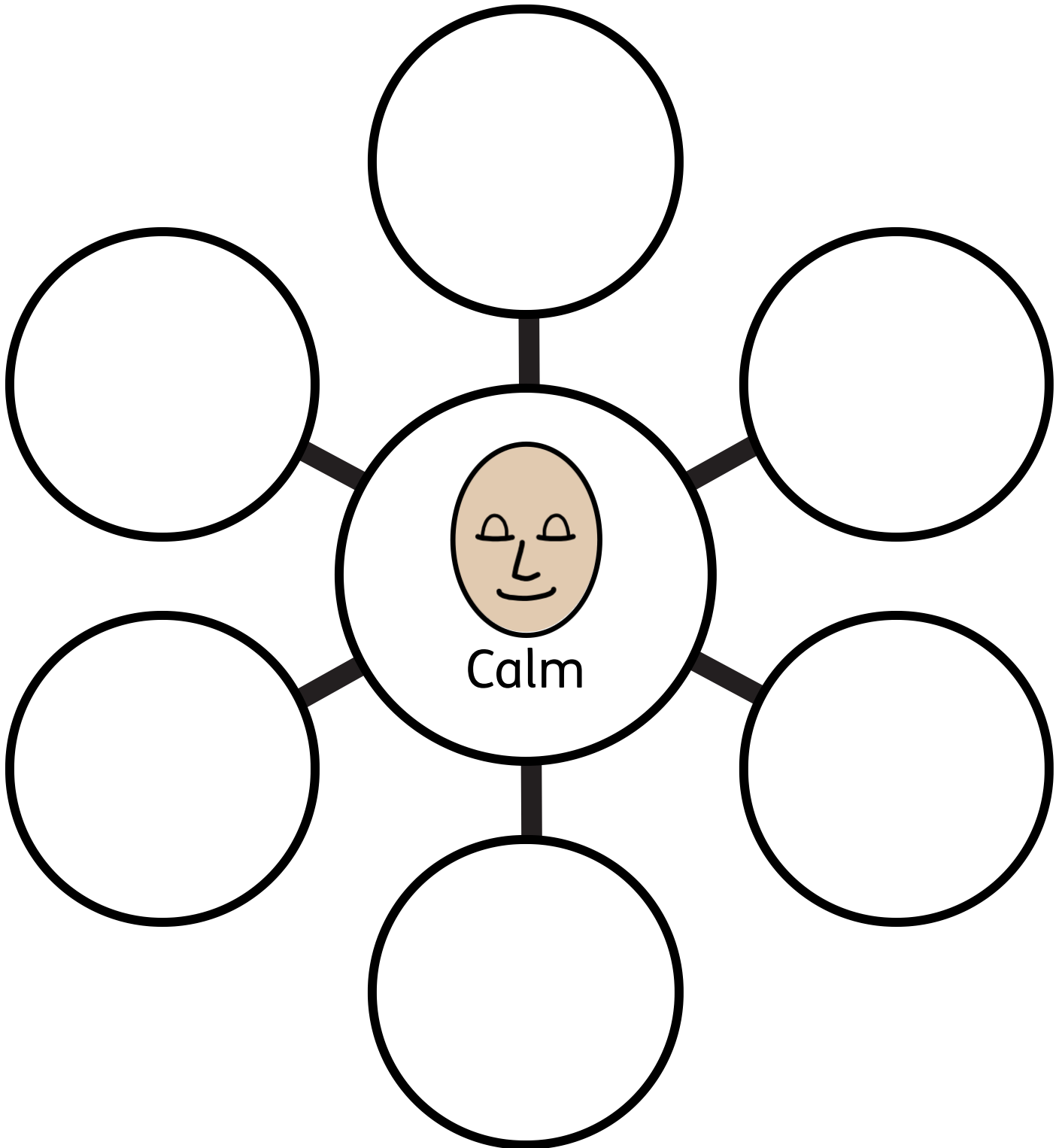


You can use this activity to explore how you feel and help you stay happy and calm.

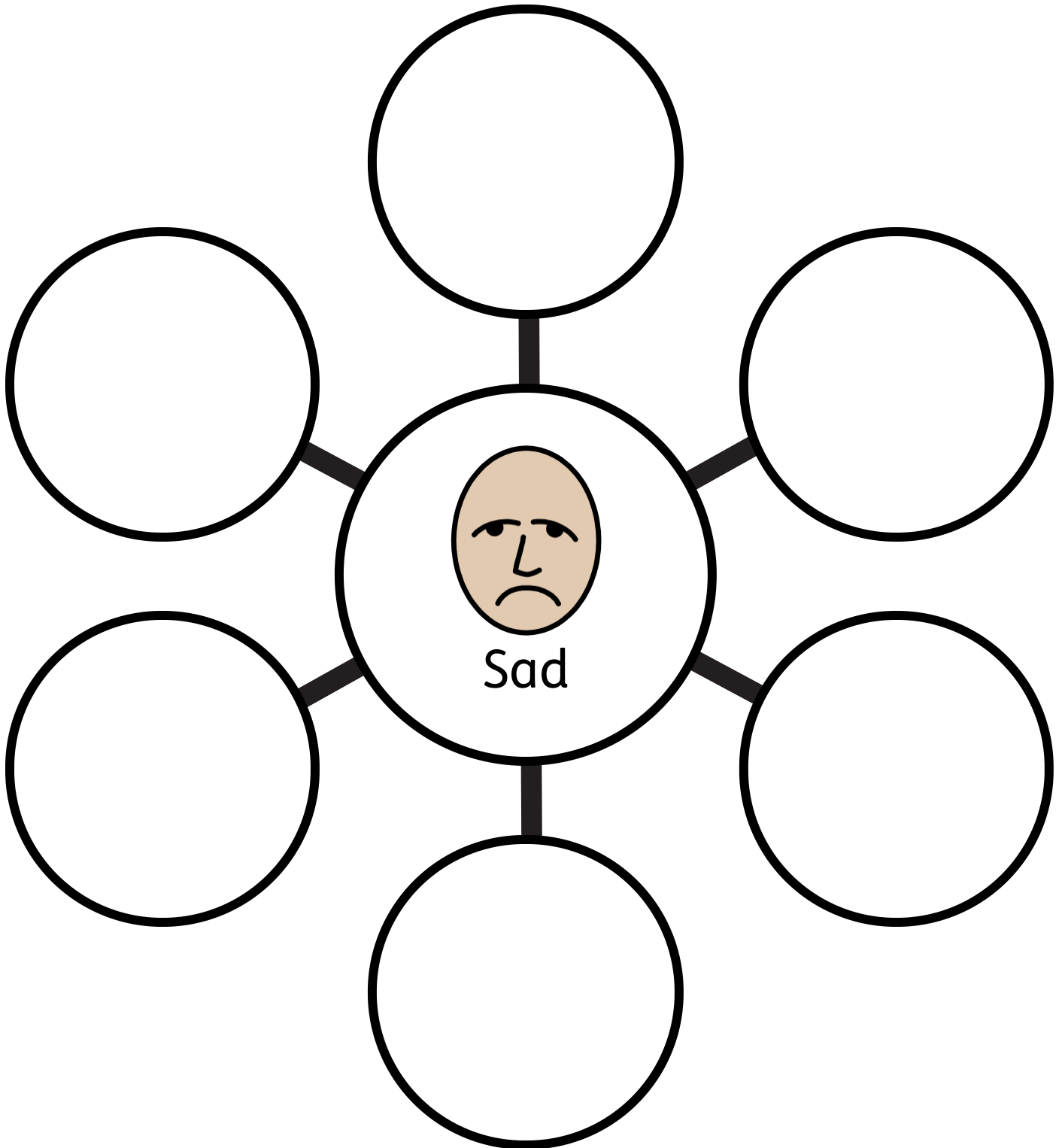
What makes me feel happy?



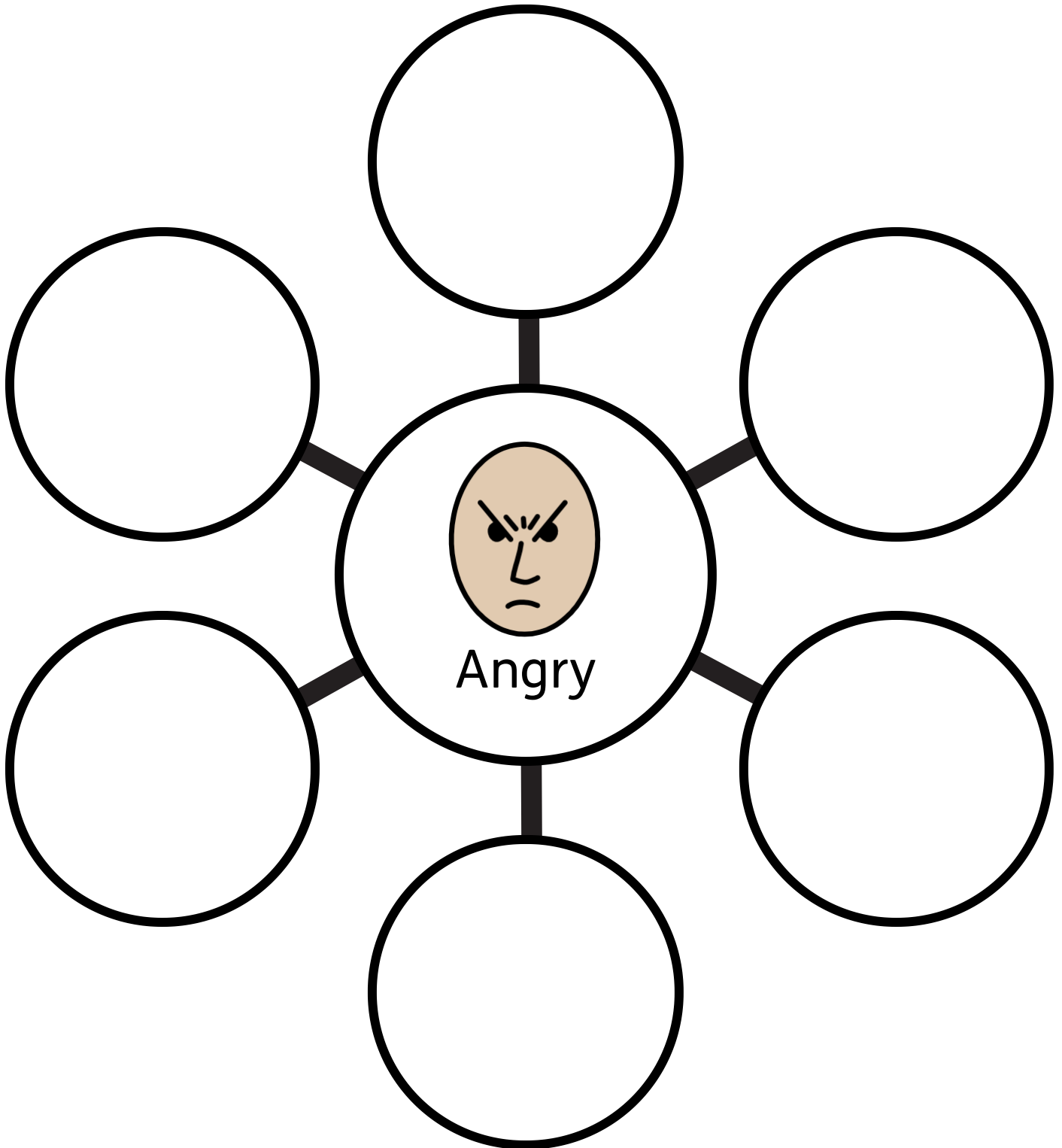
What makes me feel calm?



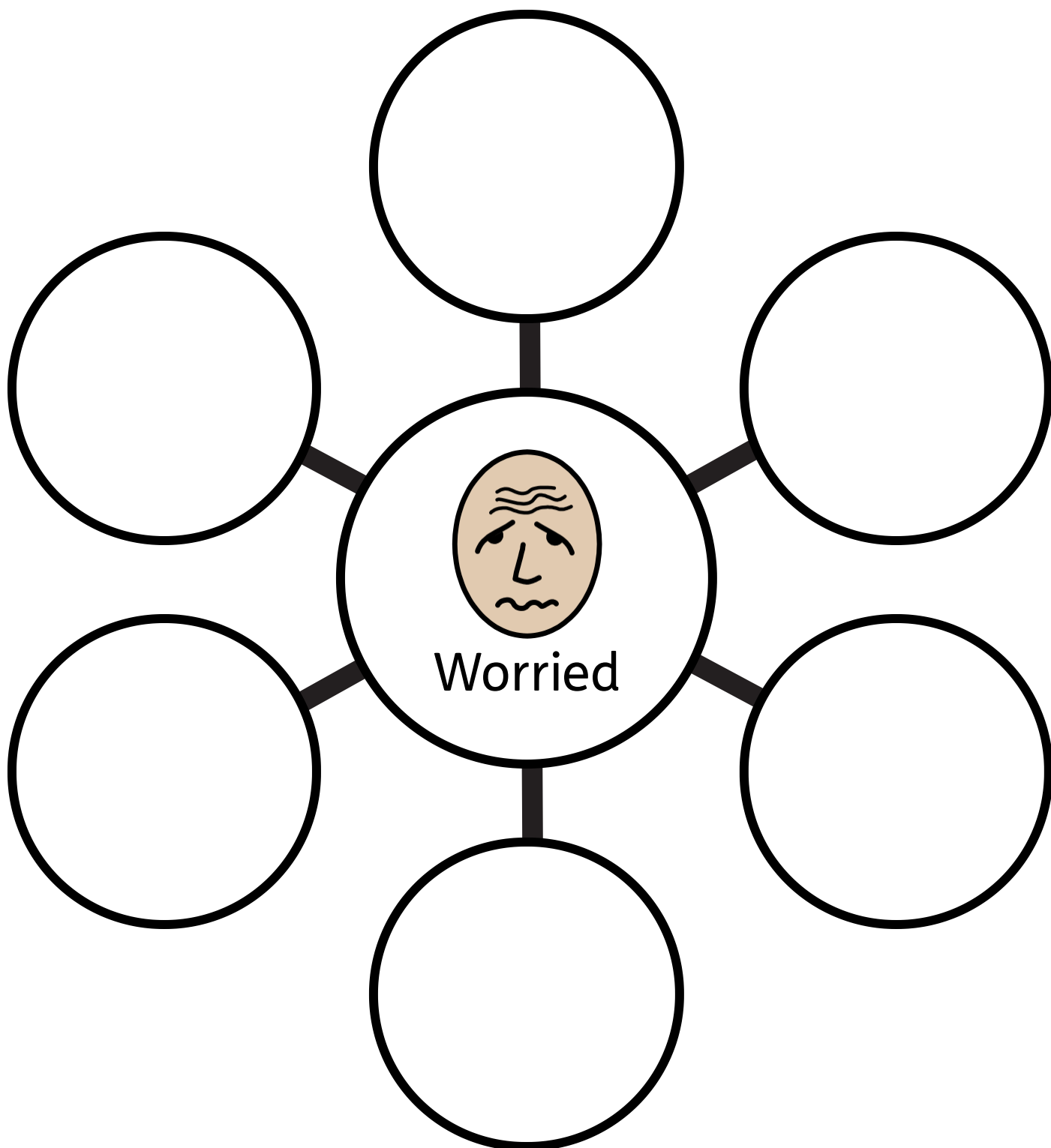
What makes me feel sad?



What makes me feel angry?



What makes me feel worried?



What makes me feel bored?

