



THEME: TEASING

Directions: Make a drawing using colors that tell about hurtful feelings. Now make a drawing using colors that make you feel good.

Write one sentence that describes how these colors are different:

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



THEME: SAYING SORRY

Directions: Draw a picture that shows how two people feel when someone says they are sorry to the other person.

Write one word that describes the picture:

Remember to SOAR:

S
C
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: MAKING A FIGHT—OR SHARING

Directions: Draw a picture that shows what it looks and feels like when you and your friends are sharing.

Can you think of a word that describes the picture:

Remember to SOAR:

S
C
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: BEING FAIR AND UNFAIR

Directions: Find a toy doll or a stuffed animal and pretend that this toy accidentally spilled his milk all over the couch when no one was looking. The toy didn't tell anyone and he didn't clean it up. Talk to the toy and tell him how to apologize to help make the situation better.

Write one word that describes how it felt teaching your doll or animal something new and helpful.

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: YOUR FEELINGS ARE HURT

Directions: When someone has hurt your feelings and they apologize, how does your heart feel? Draw a picture of your heart when it is hurt and a second picture of your heart after someone says they are sorry.

Write one sentence that describes the differences in the pictures:

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: CONSCIOUS BREATHING

Directions: Experiment with your breathing.

What word describes what it feels like to breath fast?

What word describes what it feels like to breath slow?

What word describes what it feels like to breath deep?

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



THEME: MAKING QUIET TIME

Directions: Close your eyes and spend 5 minutes being still and quiet. What happens to your body when you are quiet? What happens to your breathing when you are quiet?

What color does being quiet feel like? Use a crayon and write the color.

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: COPY-CAT TEASING

Directions: Draw a picture that shows what it feels like when someone is teasing you.

Write one sentence that describes the picture:

Remember to SOAR:

S
C
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: GETTING ANGRY

Directions: Draw a picture showing what angry looks like. What colors and shapes would you use?

Write one word that describes the picture:

Remember to SOAR:

S
C
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: CALLING OTHER KIDS BAD NAMES

Directions: Draw a picture of your friend and show how she would feel if you called her a bad name.

Draw a second picture of how you feel when you call someone a bad name.

Can you think of a word that describes the feelings in the picture?

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



THEME: MAKING A SPECIAL TIME WITH YOUR FRIENDS

Directions: Draw a picture that shows you and a friend doing something you both enjoy and having fun together. While you are drawing, think of a song or melody you know that reminds you of situations like this.

Write the name of the song you chose:

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: CHEATING ON EACH OTHER

Directions: Use colors and shapes to show how you feel when someone is cheating on a game you both are playing. Is your relationship better or worse when you or someone else is cheating?

Make an arrow on your drawing to show where the feelings are located.

Remember to SOAR:

S
O
A
R

Sense what's around you

Open your hands to help others

Act with kindness

Respect other people



THEME: FEELING SCARED ABOUT GOING TO THE DENTIST OR DOCTOR

Directions: Pretend that your favorite toy doll or stuffed animal is scared to see a doctor. What can you do to help him feel more comfortable to see a doctor?

Did you hug your doll?

Did you hold your doll's hand?

Did you talk to your doll?

Was your voice soft or loud?

Remember to SOAR:

S

Sense what's around you

O

Open your hands to help others

A

Act with kindness

R

Respect other people



THEME: FINDING MY OWN SPECIAL TALENT

Directions: Draw a picture that shows one of your special talents.

Write a sentence describing what your special talent sounds like.

My special talent sounds like...

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



THEME: FEELING UNSURE

Directions: Use a color and a shape that shows what being unsure feels like.

Now use another color and shape to show what it feels like when you are comfortable.

Write one sentence that describes the differences between the two colors and shapes:

Remember to SOAR:

- S** Sense what's around you
- O** Open your hands to help others
- A** Act with kindness
- R** Respect other people