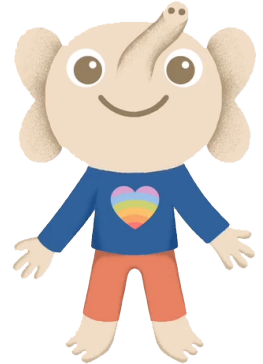


Feelu Fun Activities

My name is



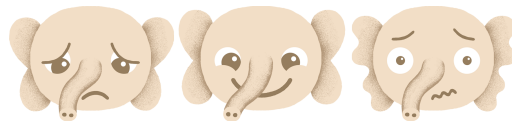
I am years old.

My favourite thing to do is



My favourite food is

My favourite book is

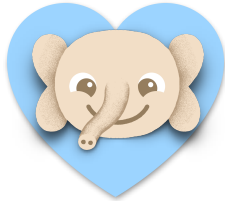


My favourite feeling is

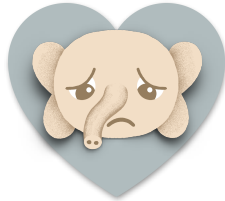


How do you feel today? Circle your feeling.

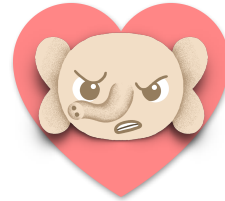
Happy



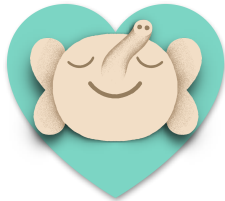
Sad



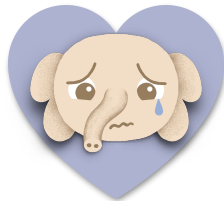
Angry



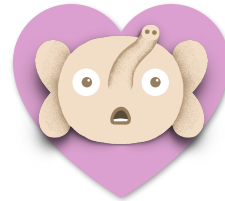
Calm



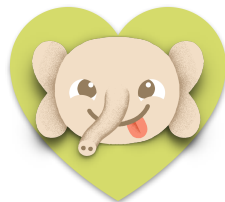
Heartbroken



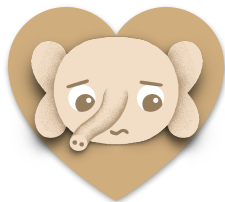
Scared



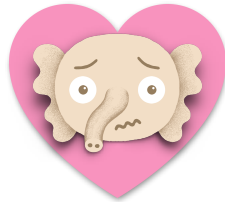
Silly



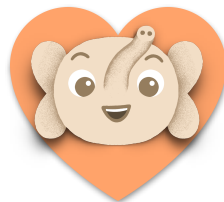
Shy



Worried

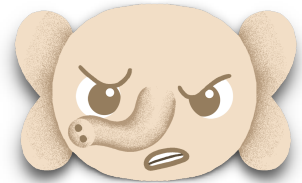


Excited

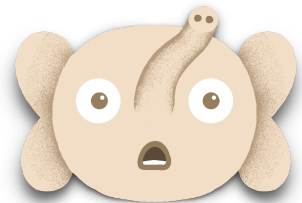


Connect each feeling to a face.

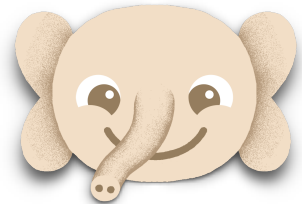
Happy



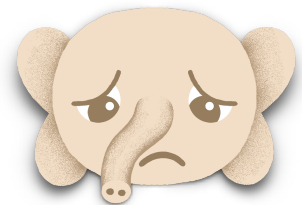
Sad



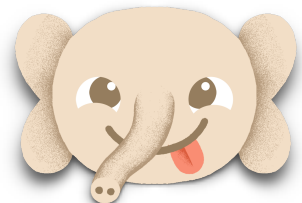
Angry



Silly



Scared



Feelu takes 5 deep breaths before bed to relax its body and mind.



1. Breathe in with Feelu!



2. Breathe out with Feelu!

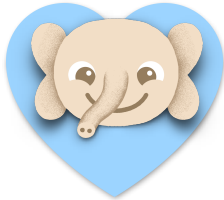


3. Thank you for helping Feelu. Now colour your trophy!

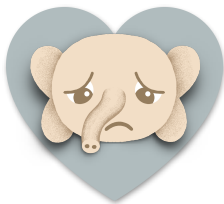


There is no right or wrong feeling. Choose a feeling and connect it to each picture!

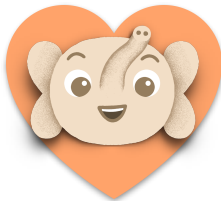
Happy



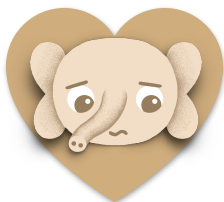
Sad



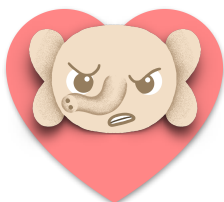
Excited



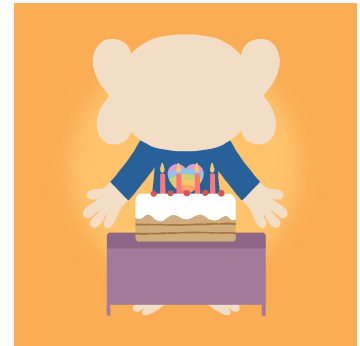
Shy



Angry



Feelu's birthday!



Monkey teasing Feelu!

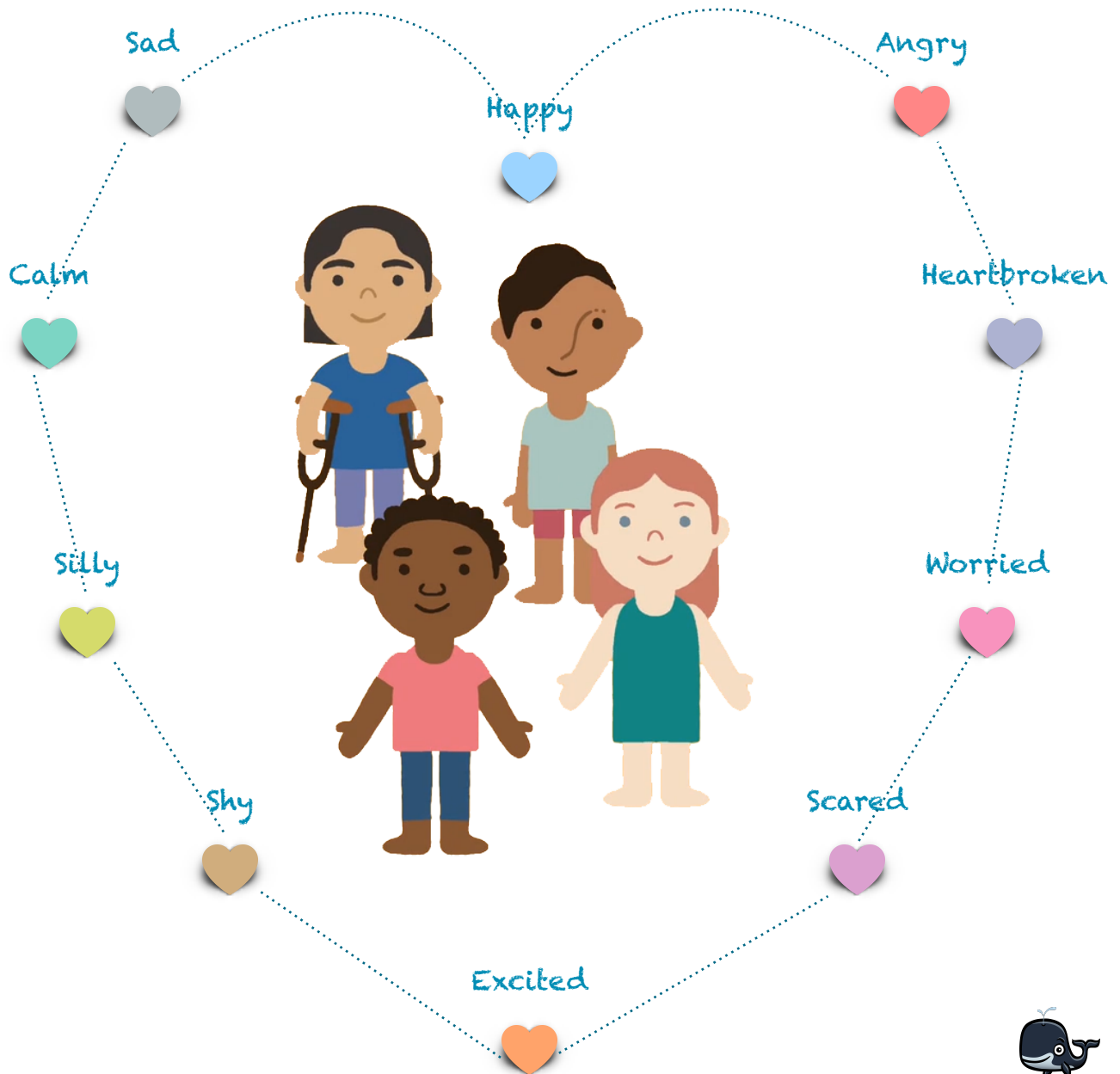


First day of school!



Children are all different, with all different colours. But all the children have the same colourful feelings. It is never ok to hurt each other's feelings.

Connect the colourful feelings to make a big heart!



Colour Feelu!

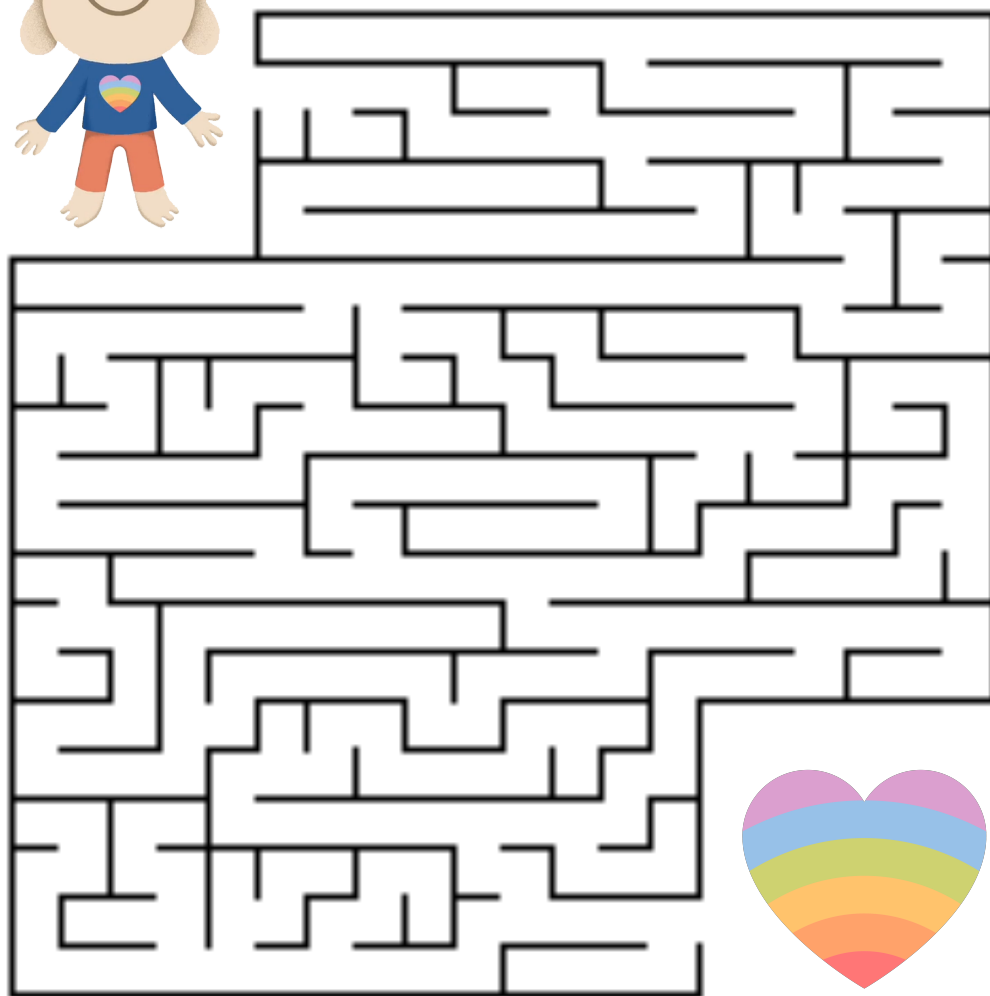


A kind act can be small like let everyone have a turn in the playground or play with a new classmate. Think of a kind act and draw and/or write about it.

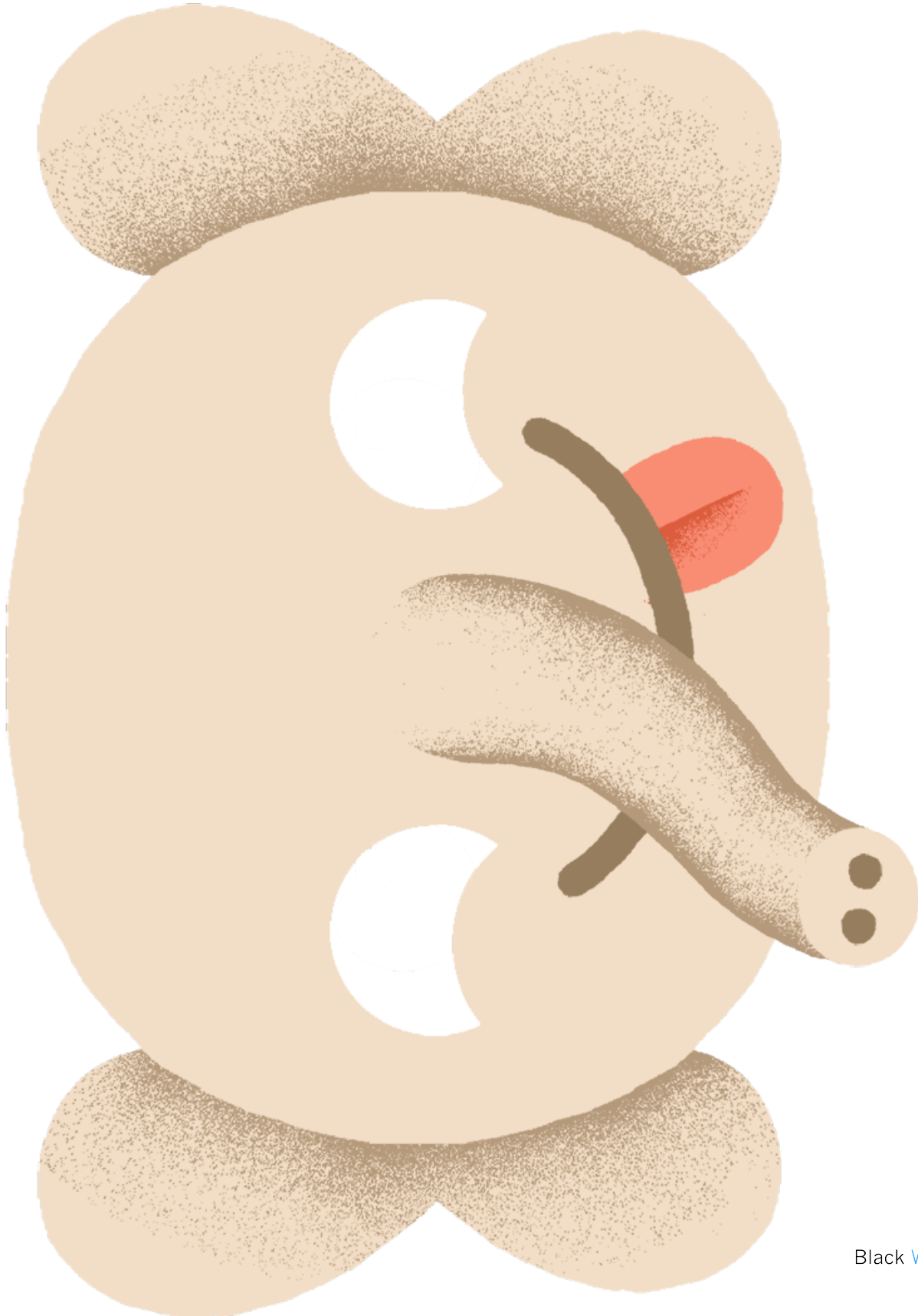




Help Feelu to find its colourful feelings.



Make your own Feelu Mask! Cut the silly face out below.



If you like to learn how Feelu

- learns its feelings
- handles its difficult feelings
- is mindful and grateful
- is kind
- reacts to bullying,

Click [here](#) to download Feelu app.



Click [here](#) to buy Feelu: Explore Your Feelings book.



amazon

BARNES
& NOBLE

!ndigo



Black Whale Technology