



# 7-8 YEARS | WEEK 06

## Values & Life Skills - Feelings, Emotions & Values

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1. I can draw

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2. Be calm

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3. Draw faces

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4. What I look like when I am happy

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5. My feelings today

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6. Mood metre

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7. When I am happy

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8. Pictionary

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9. Emotionpedia

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10. What does this mean?

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11. Agents of F.E.E.L.S

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12. Crossword - Expressions

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13. Know and follow rules

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14. Happy feelings

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15. Unscramble - Feelings

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16. Tricky emotions

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17. My sweet family

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18. Feeling angry

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19. Control your anger

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20. Forgive and let go

# I can draw



Draw a garden with happy trees, vibrant flowers and chirping birds. Take help from the key words given below.

Emotions in a garden.

## Key words

calm

happy

colourful

birds on the trees

excited

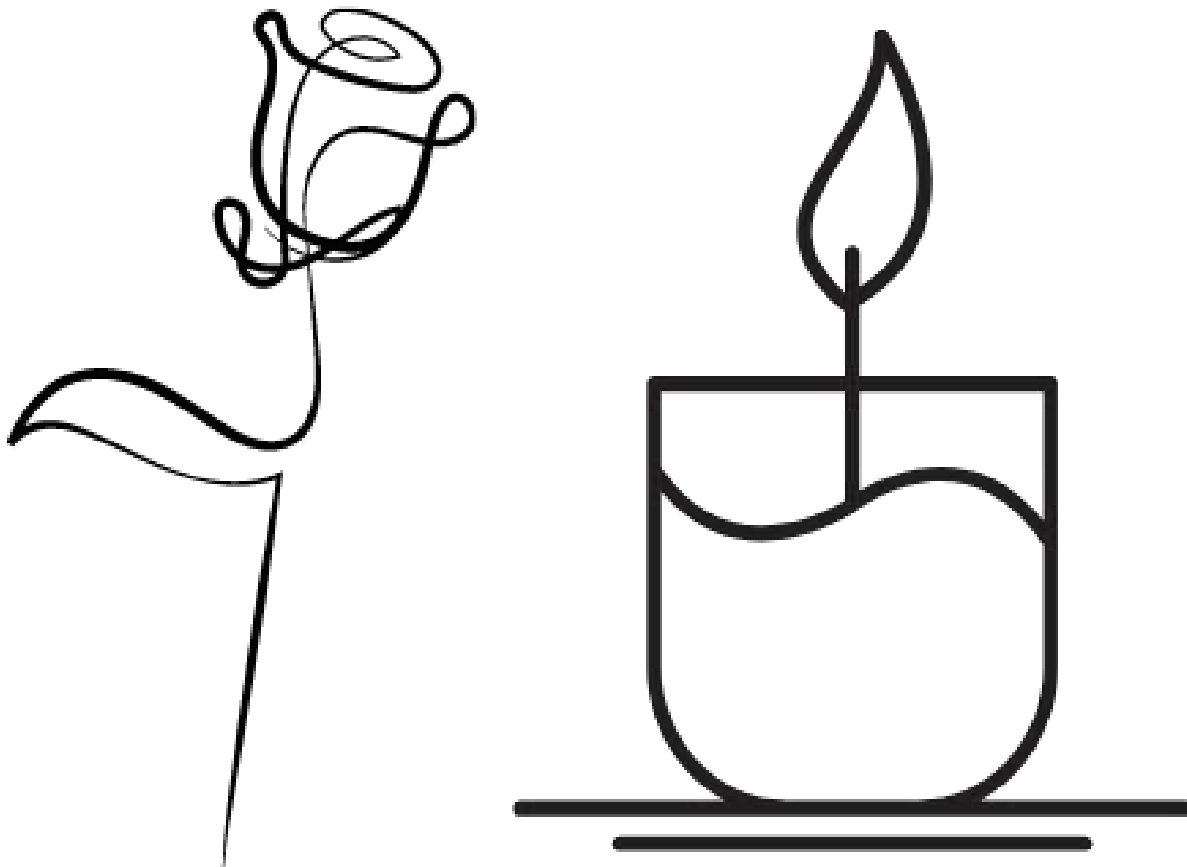
sunrays

# Be calm



Let's do a breathing exercise and learn to become calm. Follow the below steps.

1. Imagine you are holding a flower in your left hand and a candle in your right hand.
2. Imagine smelling the flower. Take a deep breath in and count till 4.
3. Imagine blowing out the candle and breathe out till you count 8.
4. Repeat this 10 times.

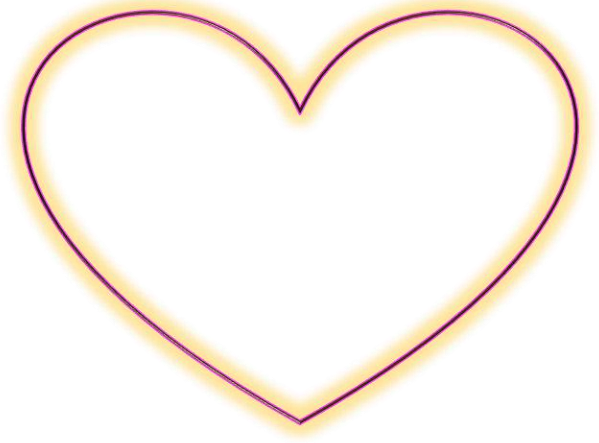


Colour the flower and candle with your favourite colours.

# Draw faces



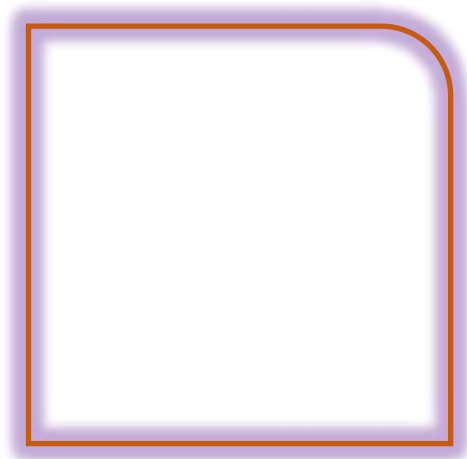
Stand in front of the mirror and draw your face according to the emotion given under each box.



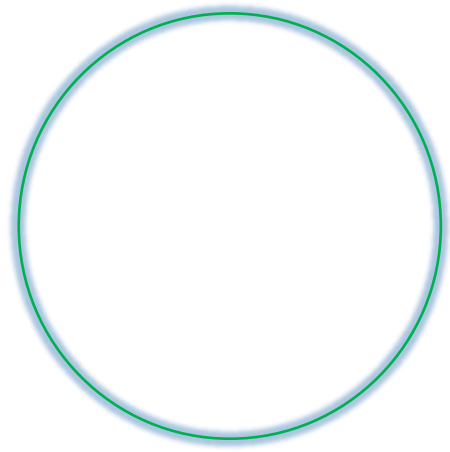
happy



naughty



sad



crying

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