Feelings Brain Worksheets

For Children & Teens

Explore Emotions through Colour

My Feelings Brain

Welcome to your Feelings Brain! Here, you can use colours to show what you're feeling.

- First, colour the Feelings Key below. Choose a different colour for each feeling.
- Now, think about your feelings at the moment. Maybe you're feeling happy but a little scared too? Use the colours you picked to fill in the brain parts that match how you feel.
- Once you're done, chat about it with someone you trust. Talking about your feelings can help you make sense of them, and that person can help you feel better.

Feelings Key:

☐ Happy ☐ Sad ☐ Worried ☐ Angry ☐ Calm ☐ .....

☐ Scared ☐ Excited ☐ Proud ☐ Nervous ☐ Bored ☐ .....

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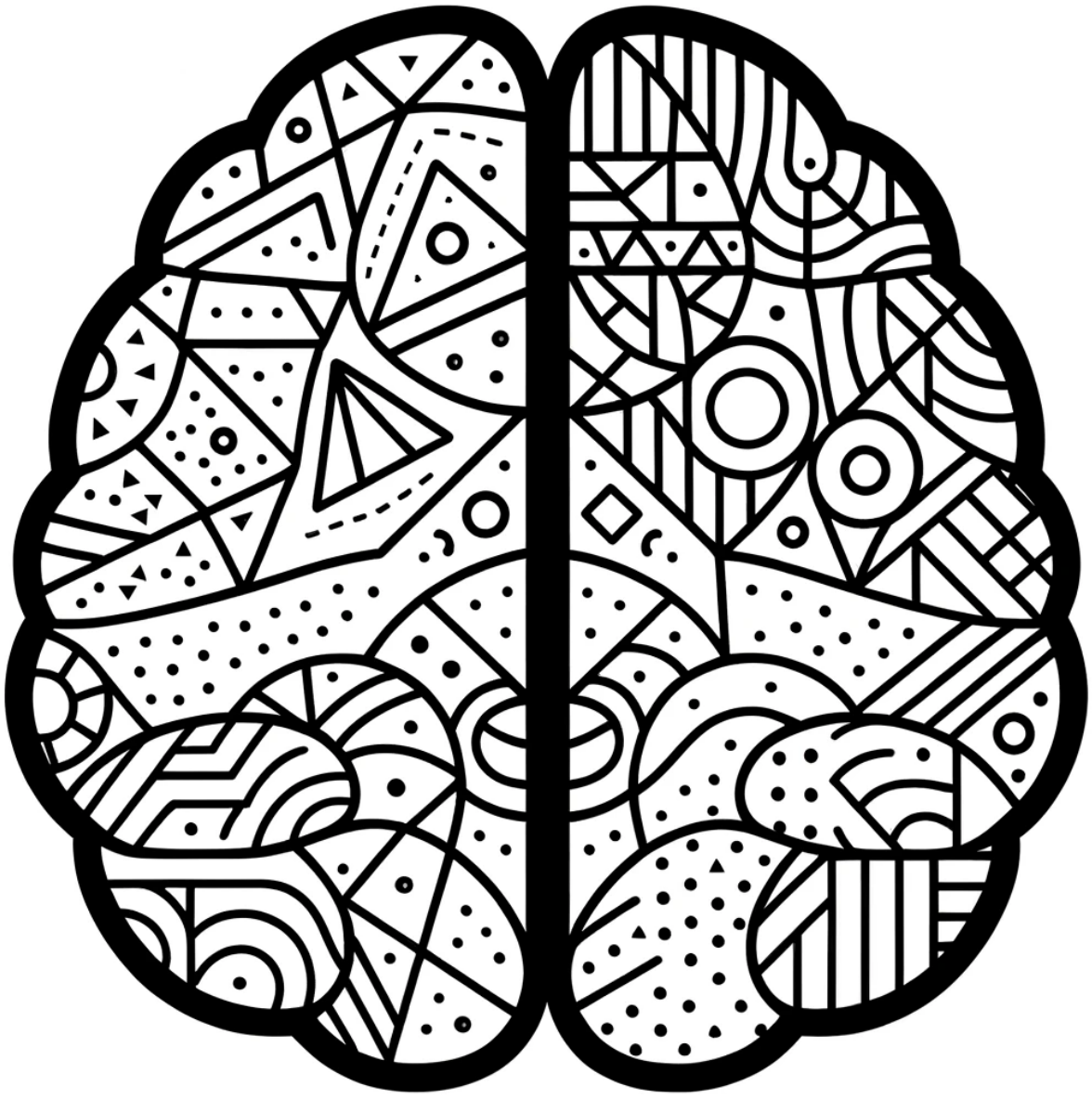

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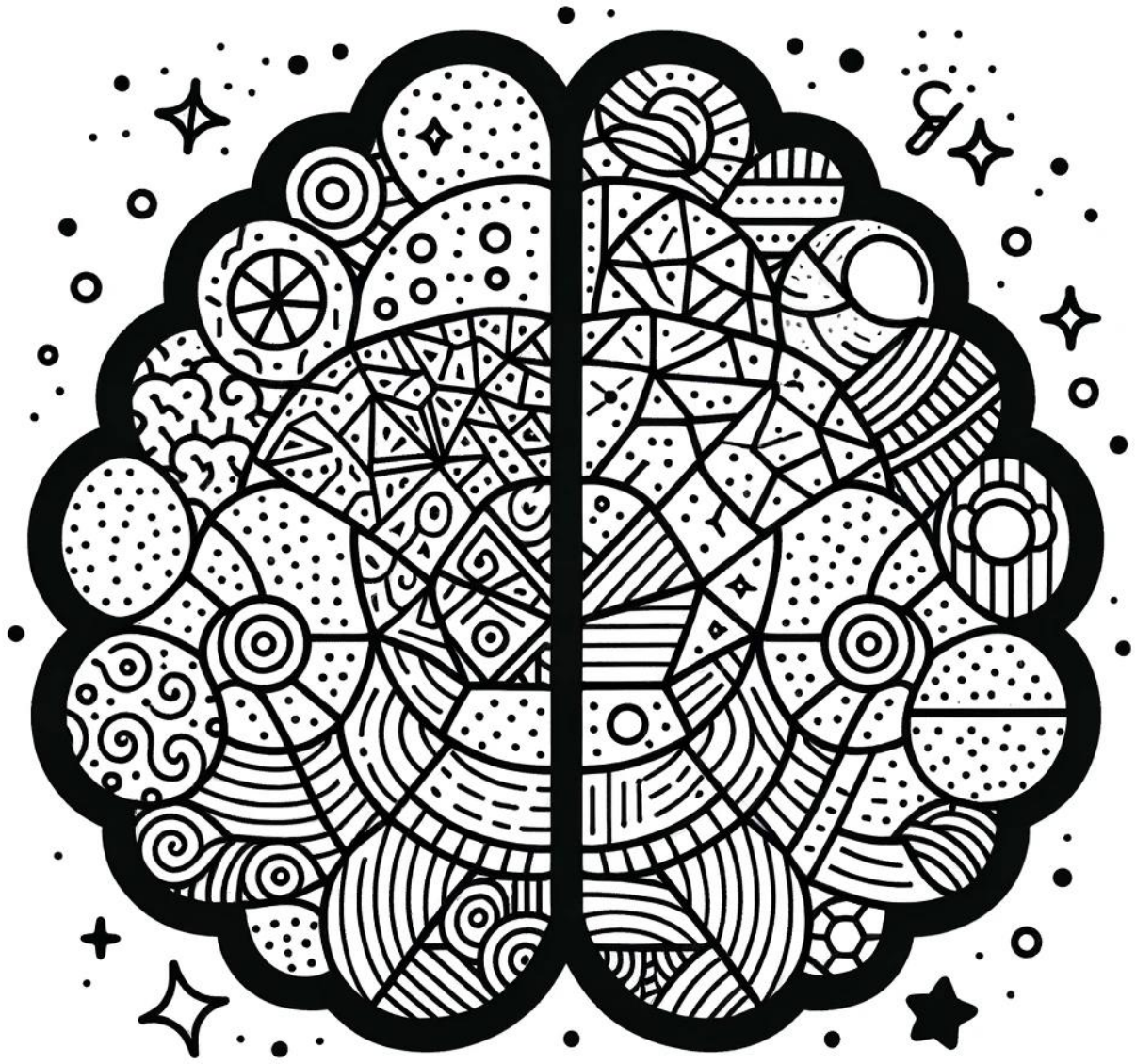

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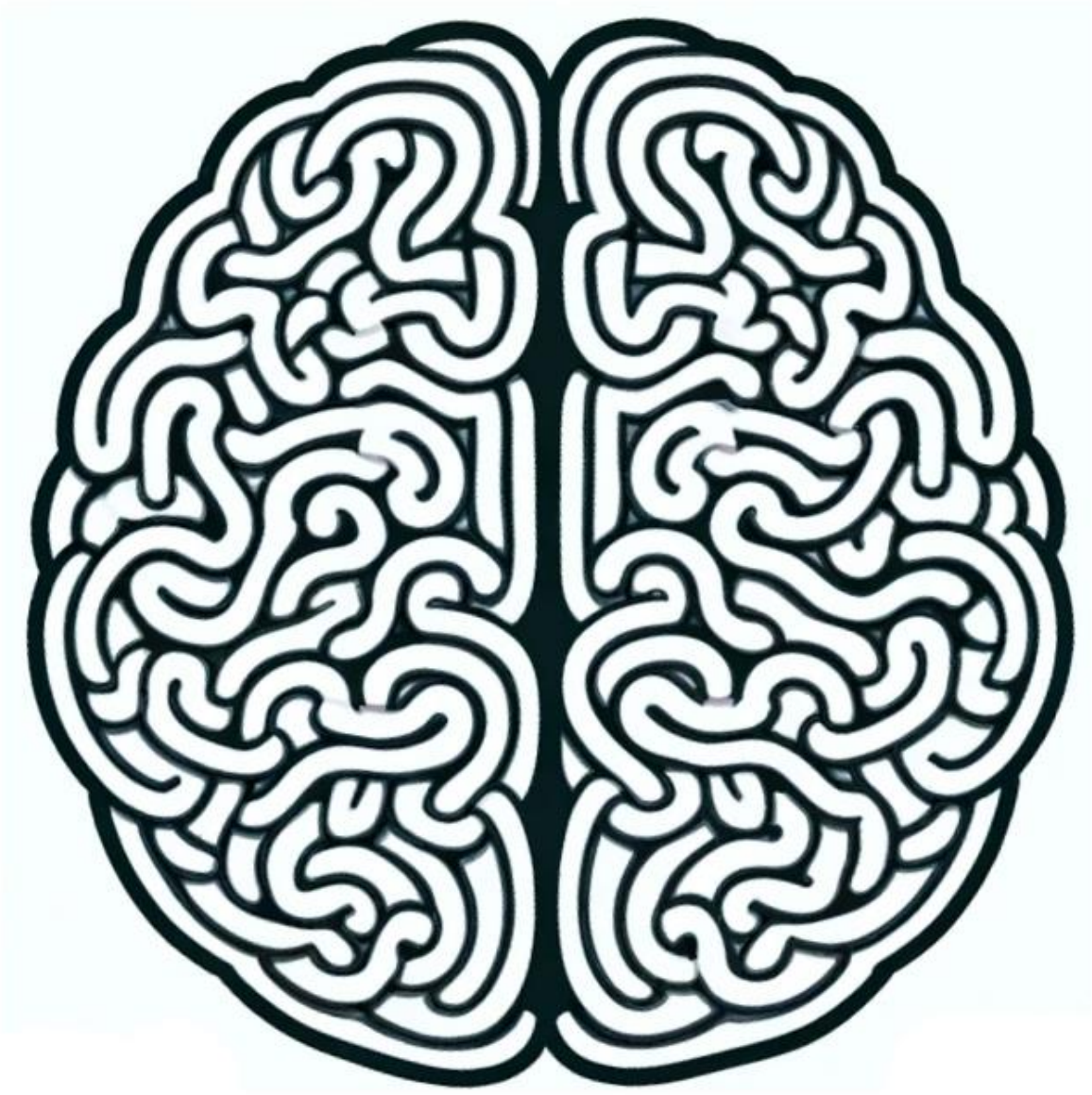

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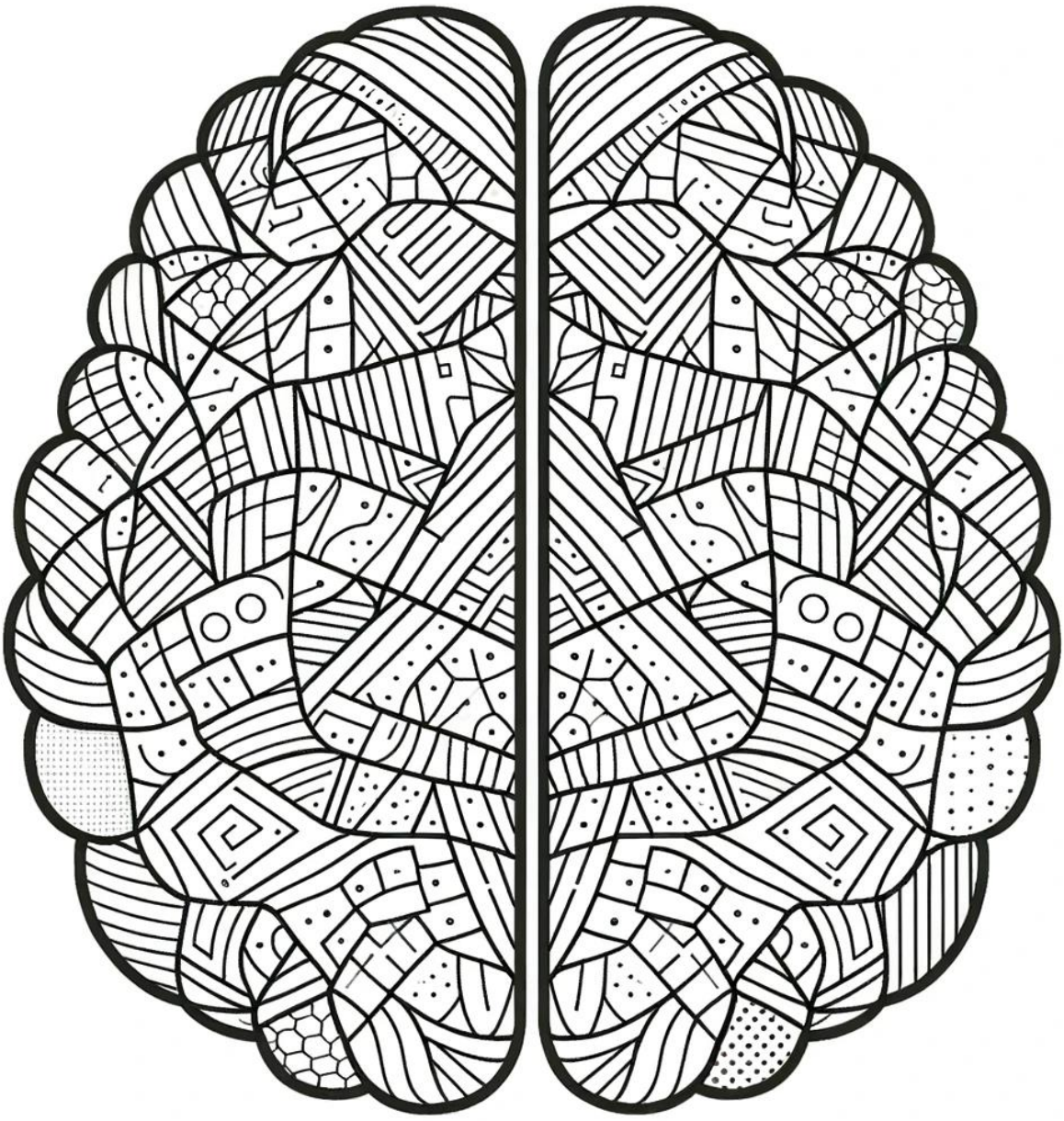

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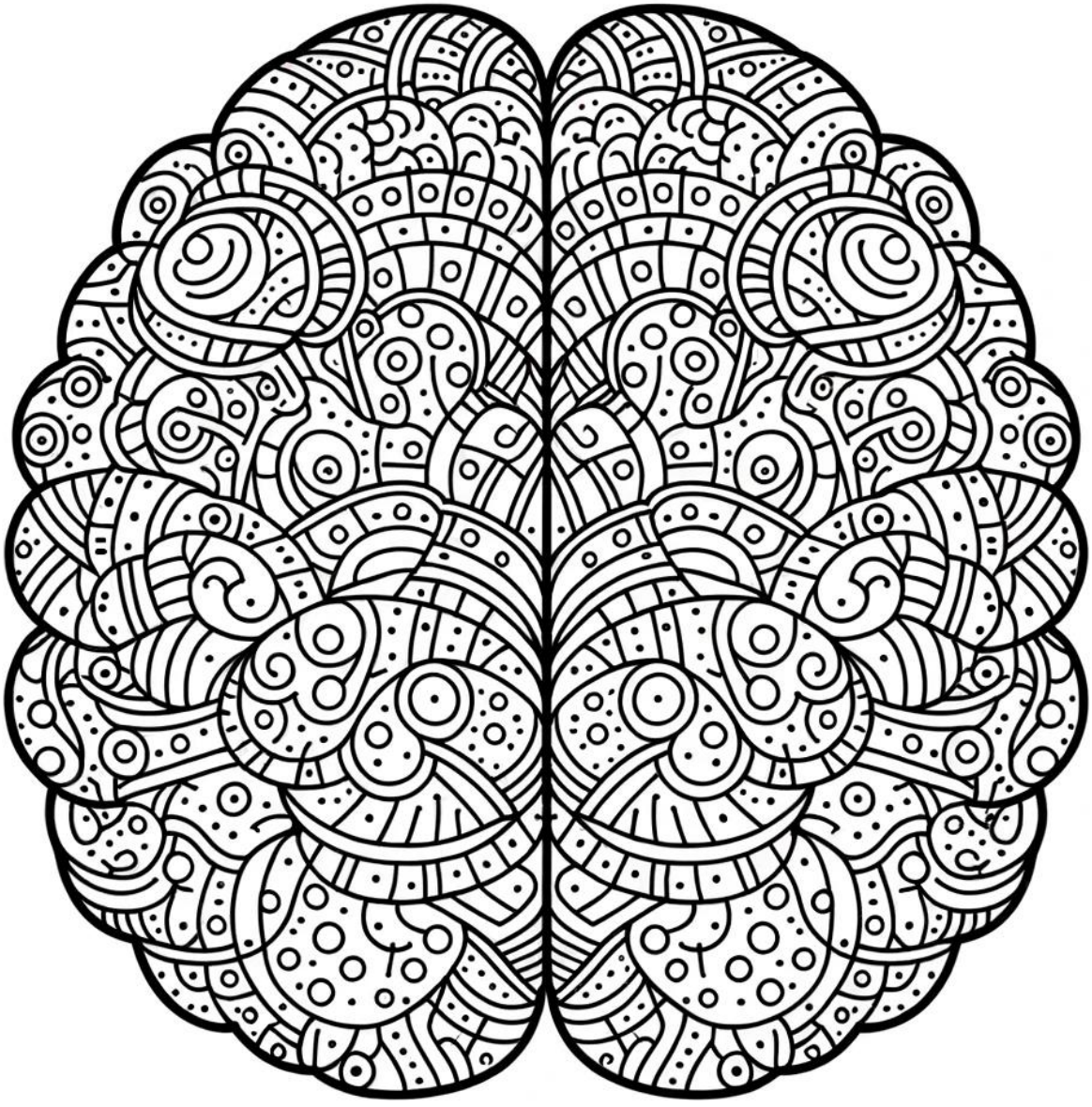

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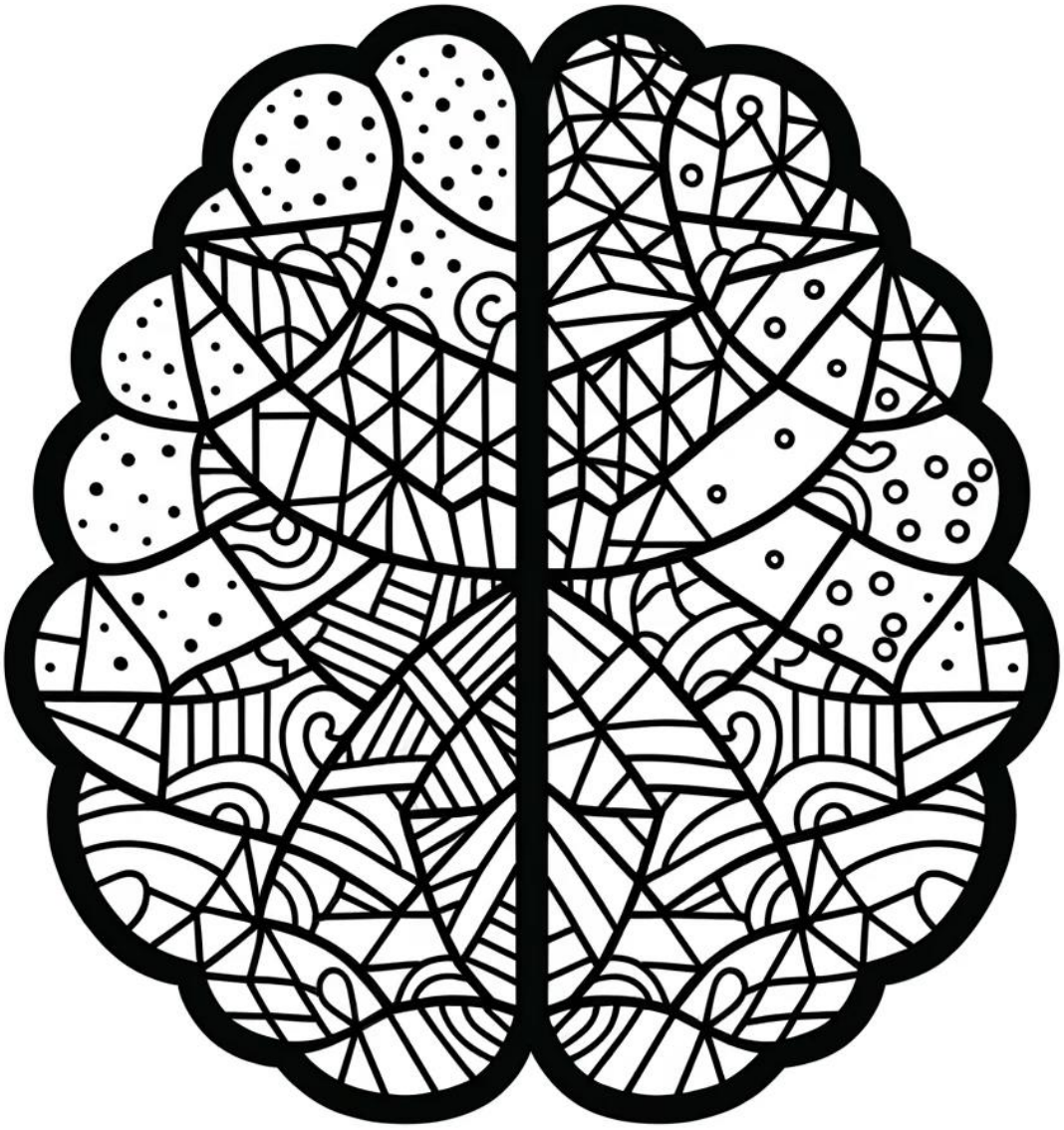

About "Feelings Brain Worksheets for Children & Teens: Explore Emotions through Colour" Free Printable Resource

This unique resource offers a unique way for children and teenagers to engage with their emotions using colour. The "Feelings Brain" worksheets are designed to make emotional exploration accessible and engaging. By assigning colours to different feelings, children and teens can visualise their emotions in a tangible and creative way. This method not only simplifies the complex world of emotions but also encourages young individuals to think about how they feel in a more detailed and nuanced manner.

How Parents & Professionals Can Use This Resource

Parents and professionals working with young individuals, such as therapists and educators can integrate these worksheets into their practice in various ways:

- In Therapy: A powerful tool for therapists to explore their clients' emotional landscape, facilitating deeper emotional understanding and communication.
- In Educational Settings: Teachers can incorporate these worksheets into their lessons as a part of emotional education, aiding in the development of emotional intelligence among students.
- For Parents and Guardians: An excellent resource for home use, encouraging open and supportive conversations about emotions between children/teens and their caregivers.
- As a Mood Tracker: These worksheets can serve as an innovative mood tracking tool, helping children and teenagers and their support networks identify and discuss emotional patterns over time.
- During Workshops: Ideal for professionals hosting workshops on emotional literacy and development, providing a hands-on activity to complement theoretical learning.

For more **free resources on emotions**, visit www.FeelingsHelpBox.com.