

SOCIAL-EMOTIONAL LEARNING · PRE-K TO Y2

Color the Mood

What does each feeling look like?

About this pack

Children color shapes and face outlines to represent different feelings. There's no 'right' answer — different children associate different colors with different feelings, and that's interesting. The goal is to start a conversation about feelings, not to enforce a particular color-feeling map.

Suggested color guide (but children can choose their own)

Feeling	Common colors children pick	What it feels like in your body
Happy	Yellow, pink, light blue	Light, bouncy, smiley face, want to move
Sad	Dark blue, gray	Heavy chest, droopy face, slow
Angry	Red, dark red	Hot face, tight fists, fast breathing
Worried	Purple, dark green	Tight tummy, shoulders up by ears
Calm	Light blue, green, soft pink	Slow breath, soft body, quiet
Excited	Bright orange, hot pink	Want to jump, fast heartbeat, smile
Lonely	Gray, light purple	Empty feeling in chest, want to be near someone
Proud	Gold, yellow, bright green	Big in chest, smile, want to share

Activity 1 — Pick three feelings



Look at the table above. Pick three feelings you've felt this week. Color a shape (a circle, a square, a face) for each one in the colors that match how that feeling felt to YOU. Then write or say one sentence about when you felt that feeling.

Activity 2 — Color the face for today's mood

Print a blank face outline (or draw one — a circle with two dots for eyes and a curved line for the mouth). Color the face in the color that matches how you feel TODAY. The mouth shape can show whether the feeling is up (happy/excited) or down (sad/worried). Add other features if you want — a little stormcloud over an angry face, a sun next to a happy face.

Activity 3 — Body map

Print a simple body outline (you can find one in any biology textbook). Mark the parts of your body where you feel different feelings. Where do you feel WORRIED? (Many children mark the tummy.) Where do you feel ANGRY? (Many children mark the head or fists.) Where do you feel CALM? (Many children mark the chest or heart.) Color those areas the matching colors.

Activity 4 — Color the calm corner

If your classroom or home has a calm-down corner, this is for there. Children color a calm-feeling page (mostly blue, green, soft pink) and put it on the wall of the calm-down corner. When they go there feeling worried or angry, the colors are a reminder of what calm feels like.

For adults using this pack

