

My Feelings Garden with Leo the Lion

Learning objective: To identify and express different feelings and recognize that it is okay to experience a range of emotions.

Look at the feelings garden below. Think about how you feel today and draw yourself in the garden. Use the word bank to help you label your drawing.

Draw: Draw a bright and colorful garden scene. Include Leo the Lion smiling gently. In the center, draw yourself. Add different types of flowers—some bright and sunny for 'happy' feelings, and some soft and blue for 'calm' feelings. Use crayons or pencils to show your emotions through the colors you choose.



Label words: Happy · Sad · Calm · Excited · Leo the Lion

Steps:

1. Step 1: Draw a big, happy sun in the corner of your garden. How does the sun make you feel?
2. Step 2: Draw yourself standing next to Leo the Lion. What is one thing you can do to be a kind friend?
3. Step 3: Draw a flower for a feeling you have had today. What color is your flower?
4. Step 4: Who is someone you can talk to when you feel a big feeling?
5. Step 5: Look at your drawing. Can you find a place to label 'Calm' or 'Excited'?