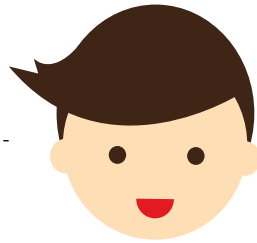


• POSITIVE EMOTIONS •

IDENTIFYING EMOTIONS



• NEGATIVE EMOTIONS •

Often children have difficulty recognizing if an emotion is positive or negative. Writing positive emotions in the top half and negative emotions in the bottom half helps them categorize those emotions.

Once your child has filled out the sheet, use the step of Effective Communication to talk about specific times when they feel those emotions and things they can do to address their negative emotions in a healthy way.