Explore your Emotions!

COLORING & ACTIVITY BOOK

Every day, children are reaching new milestones in their development. A child's social and emotional wellness is very important to each of these milestones in their growth. Being able to share their feelings with a trusted adult is very important to their healthy development. This coloring book was designed to encourage children to share their feelings with an adult.

Encourage children to talk about their artwork and their feelings
Sometimes young children express their feelings through artwork or play. Asking the question – "Can you tell me about your picture?" – communicates that you are interested in understanding the child's thoughts and feelings.

It is important for children to be able to understand and express their feelings. It is also important that children understand that other people have feelings and may not always feel the same way as they do.

Using 'feeling words'
The feeling words that are included in this coloring book – "excited," "happy," "worried," and "upset" – are just a few words that may describe how a child feels. It is important for children to learn how to talk about and share these feelings with an adult.

An adult can be the best teacher for children to help them understand and learn about their feelings and to help them understand the feelings of others. Adults can help children understand their feelings by helping them to express their feelings and use feeling words.

"I am excited that I will be spending time with you today" is an example of using feeling words in a positive way.

Help children express their feelings
Adults can look for different opportunities to help a child learn how to express and share his or her feelings by discussing how a character feels in this book.

Encourage the child to explain a picture that he or she drew on their own.

Ask a child how he or she is feeling and why they are feeling that way.

RESOURCES

Allegheny County Department of Human Services
www.alleghenycounty.us/dhs

re:solve Crisis Network
www.upmc.com/services/resolvecrisisnetwork
A crisis can be anything from feeling lonely and needing to talk – to feeling overwhelmed with life. Our lives are full of stressors both large and small, but no matter the complexity, it helps to talk with someone.
Residents of Allegheny County may seek help by calling re:solve Crisis Network at 1.888.7.YOU CAN. (1.888.796.8226)

HumanServices.net
www.humanservices.net
HumanServices.net is a gateway to an "Information Commons" -- a distributed database that brings together a wide range of information and data types into a single, easily searchable repository. The site contains detailed profiles of services from daycare centers and drug and alcohol assistance to clinics and food banks, along with photographs, maps, directions, and even the nearest bus routes.

Department of Human Services

Office of Behavioral Health
One Smithfield Street, Suite 300
Pittsburgh, PA 15222

Allegheny County Department of Human Services

SET Starting Early Together

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

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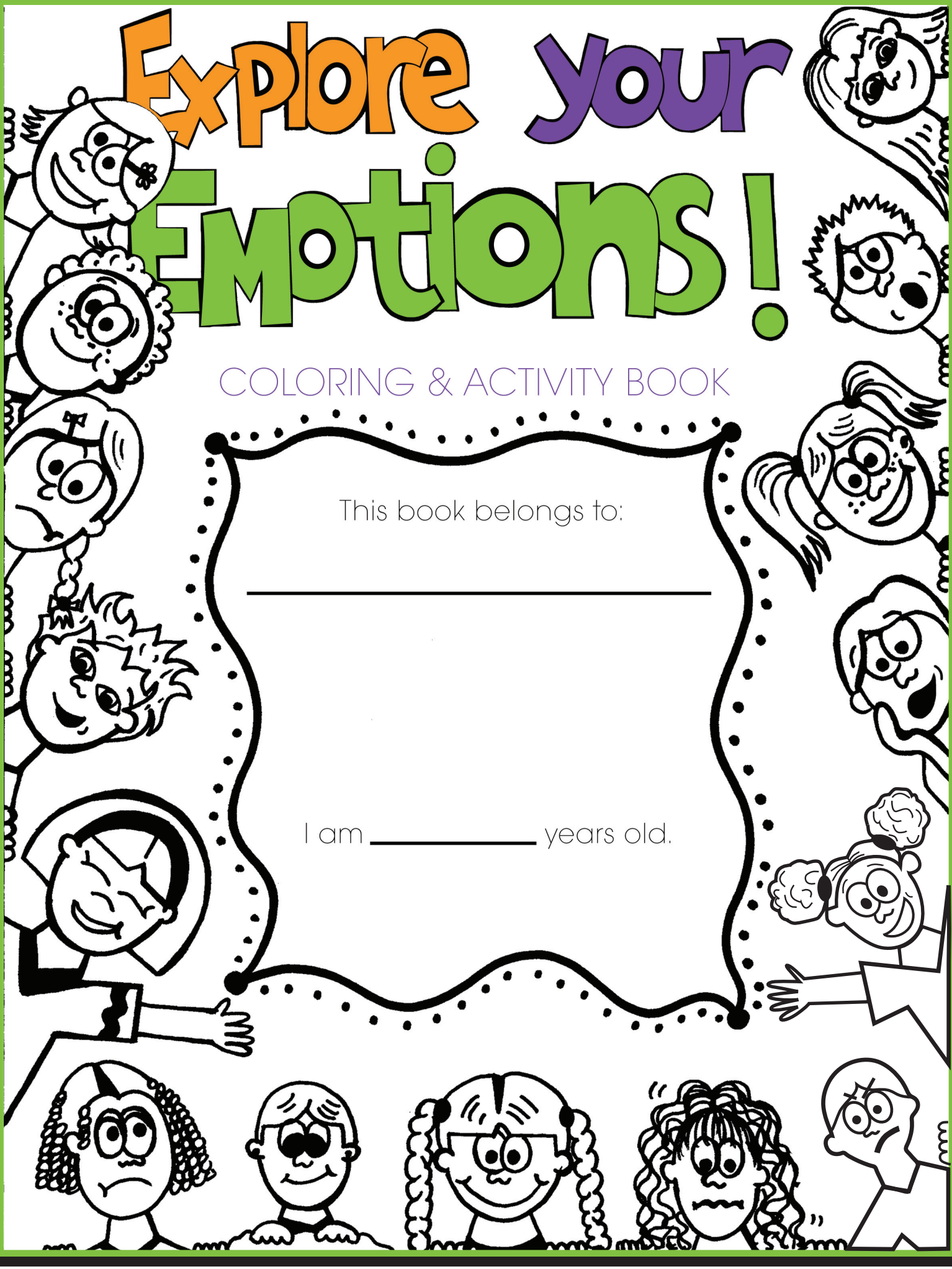
COLORING & ACTIVITY BOOK

This book belongs to:

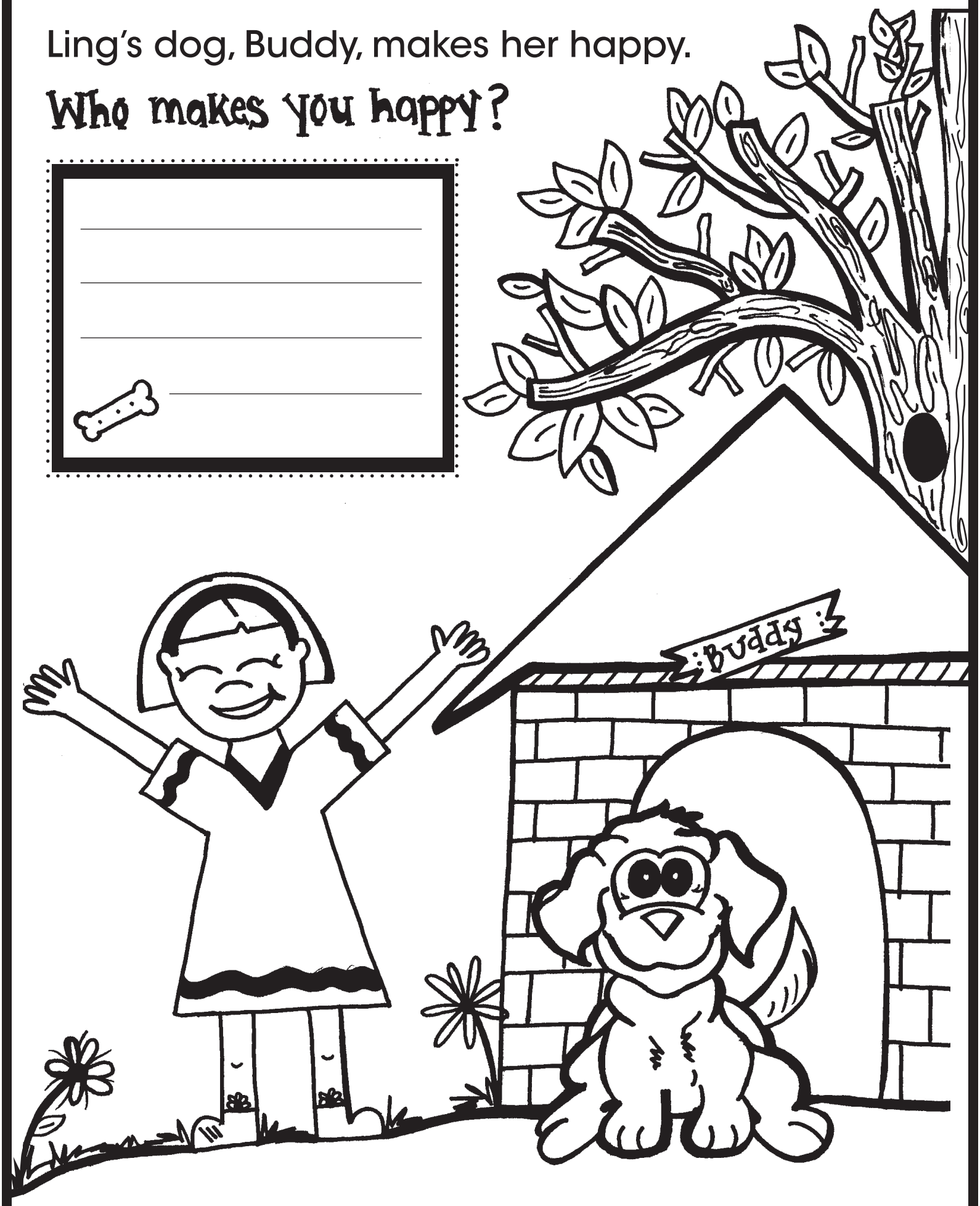
_____

I am _____ years old.

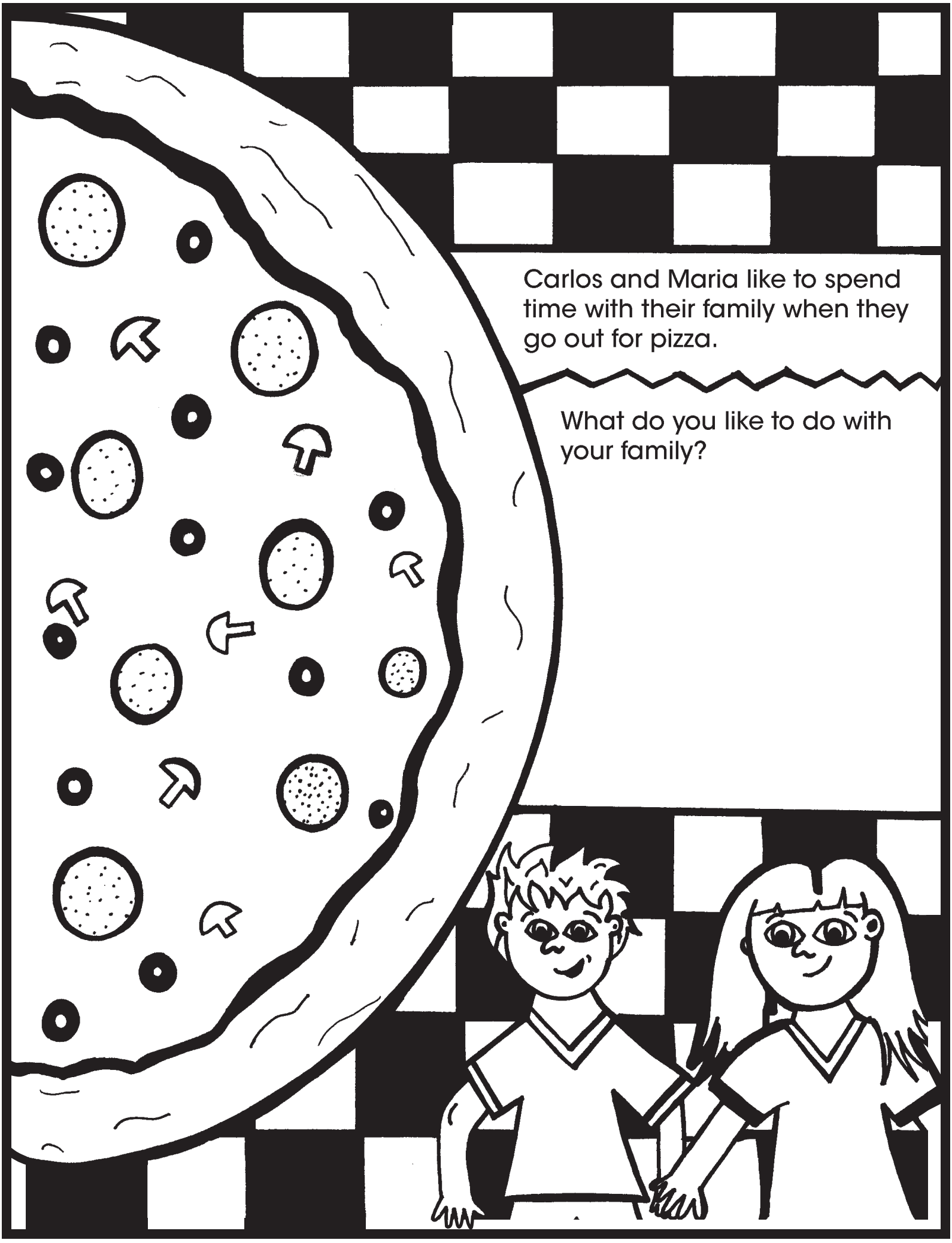


Ling's dog, Buddy, makes her happy.

Who makes you happy?



ice cream
Michelle is upset because she dropped her ice cream. What makes you upset?
Who do you go to when something makes you upset?

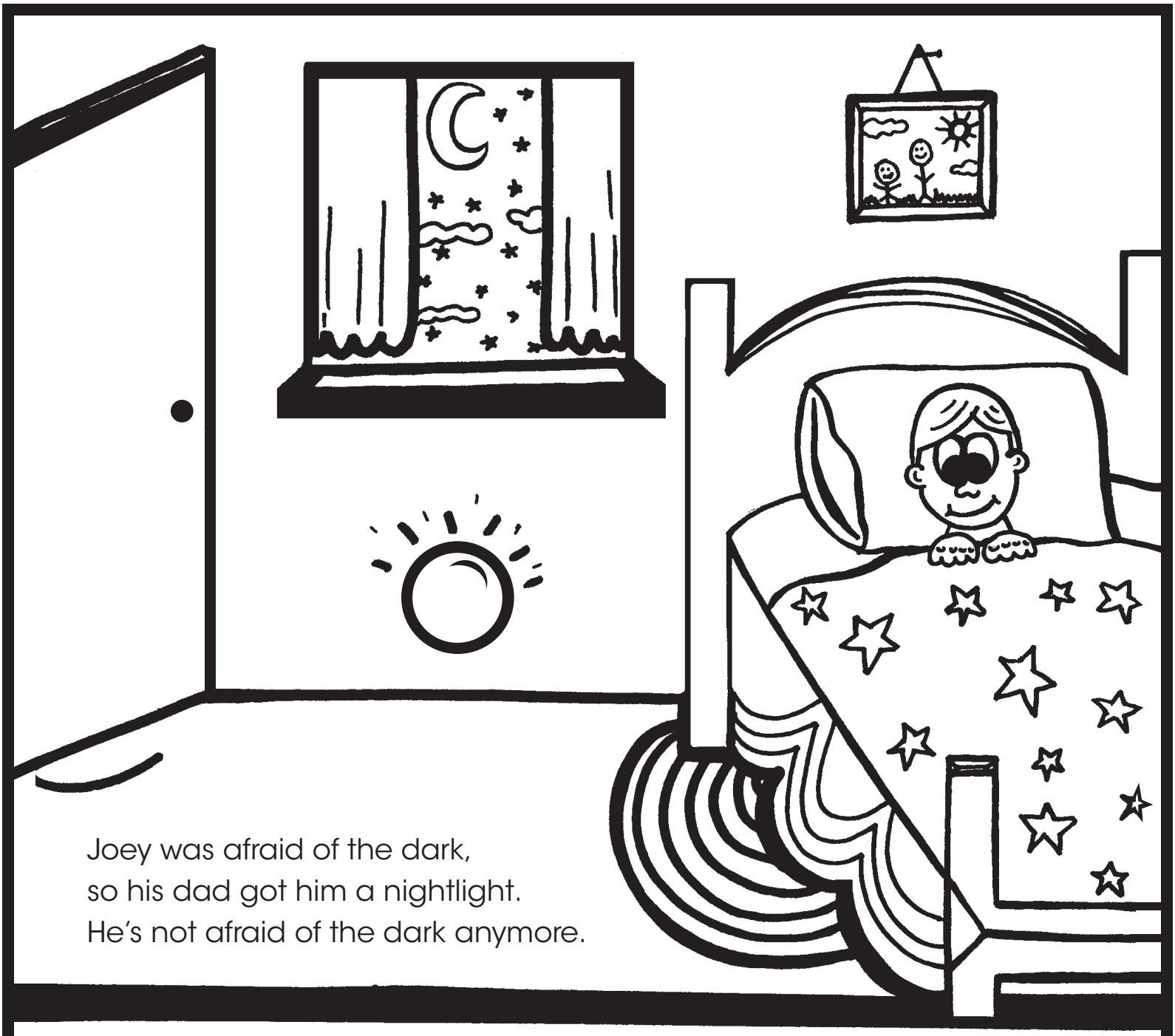

Carlos and Maria like to spend time with their family when they go out for pizza.
What do you like to do with your family?

Anne's hobby is gardening. What are some of your hobbies?

What are some things that you really like to do?

Melanie is **Worried** that she is going to a new school. Being worried is okay when you are doing something new.

Swings!
Will is...
scared!
Keesha is...
excited!
2
GAMES!
Games!
Jeff is...
Mad



Joey was afraid of the dark,
so his dad got him a nightlight.
He's not afraid of the dark anymore.

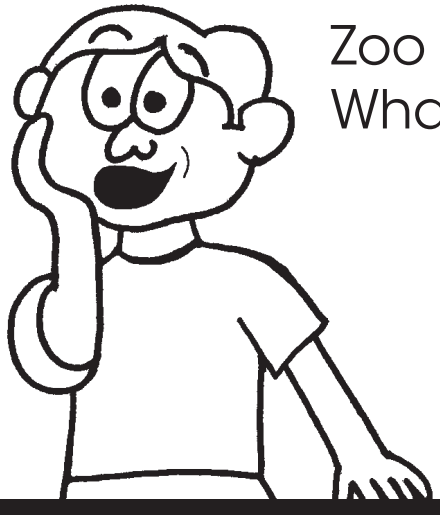
What are the things that you are afraid of that make you act brave like Joey?

Allison and Ben are proud to help on their Grandma's farm.

Where do you like to visit?

everyone has rainy days.

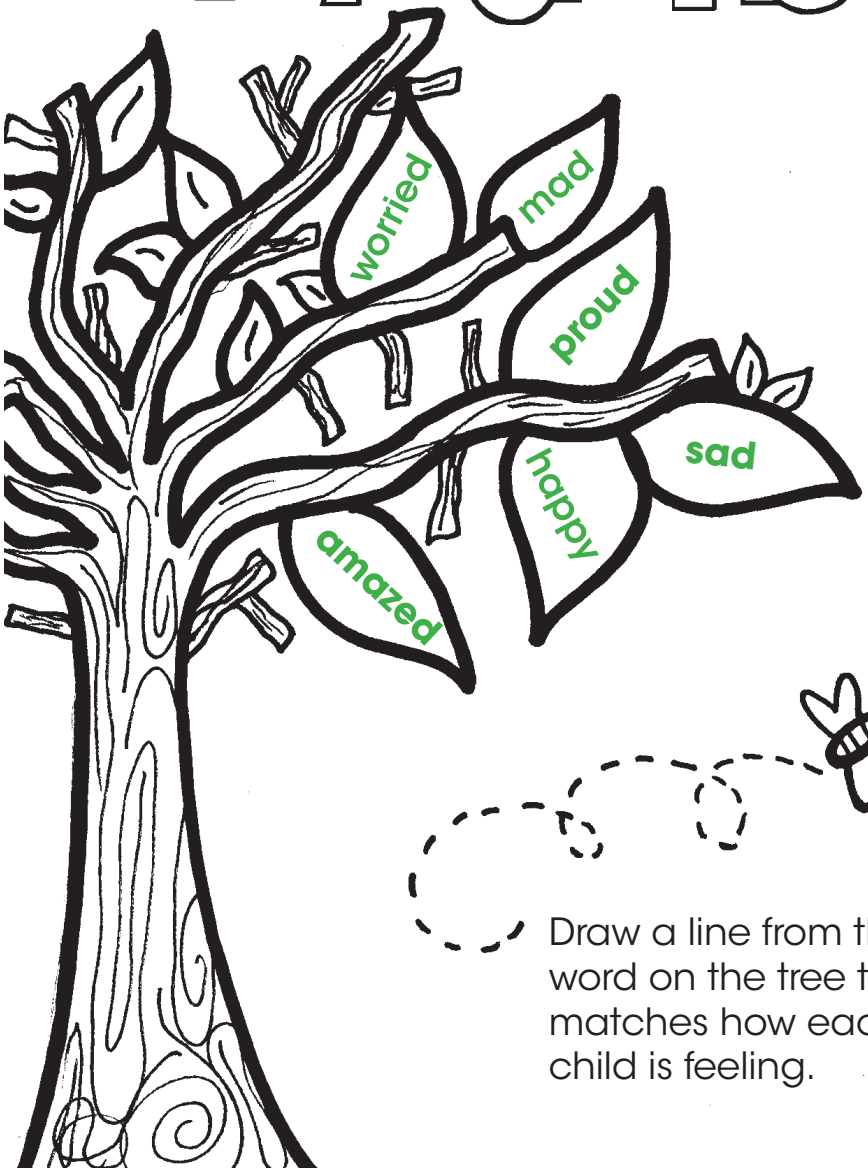
Everyone is sad sometimes. But remember trees grow stronger after the rain. Be sure to let a grown-up know how you're feeling. Sunny days are ahead!

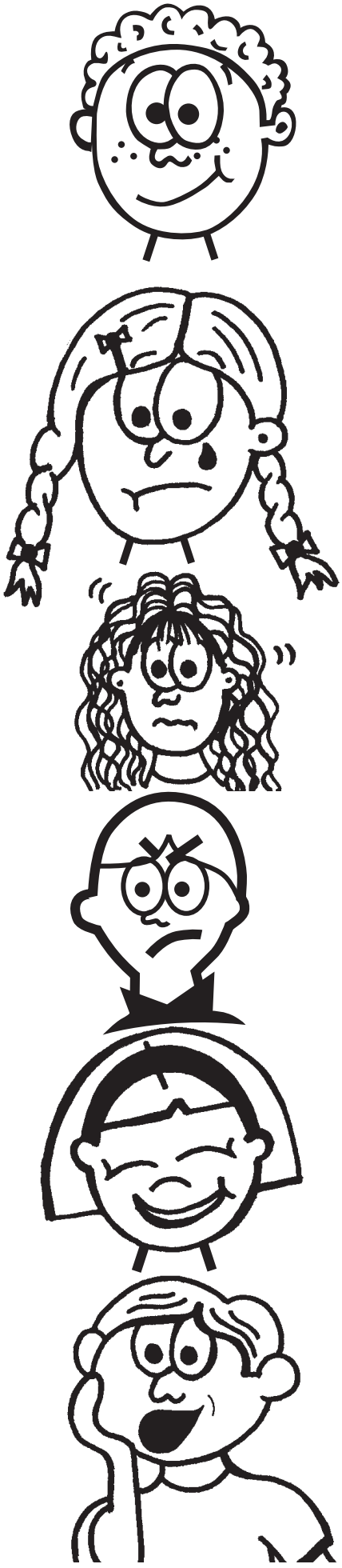


Zoo animals are amazing!
What are your favorite animals?

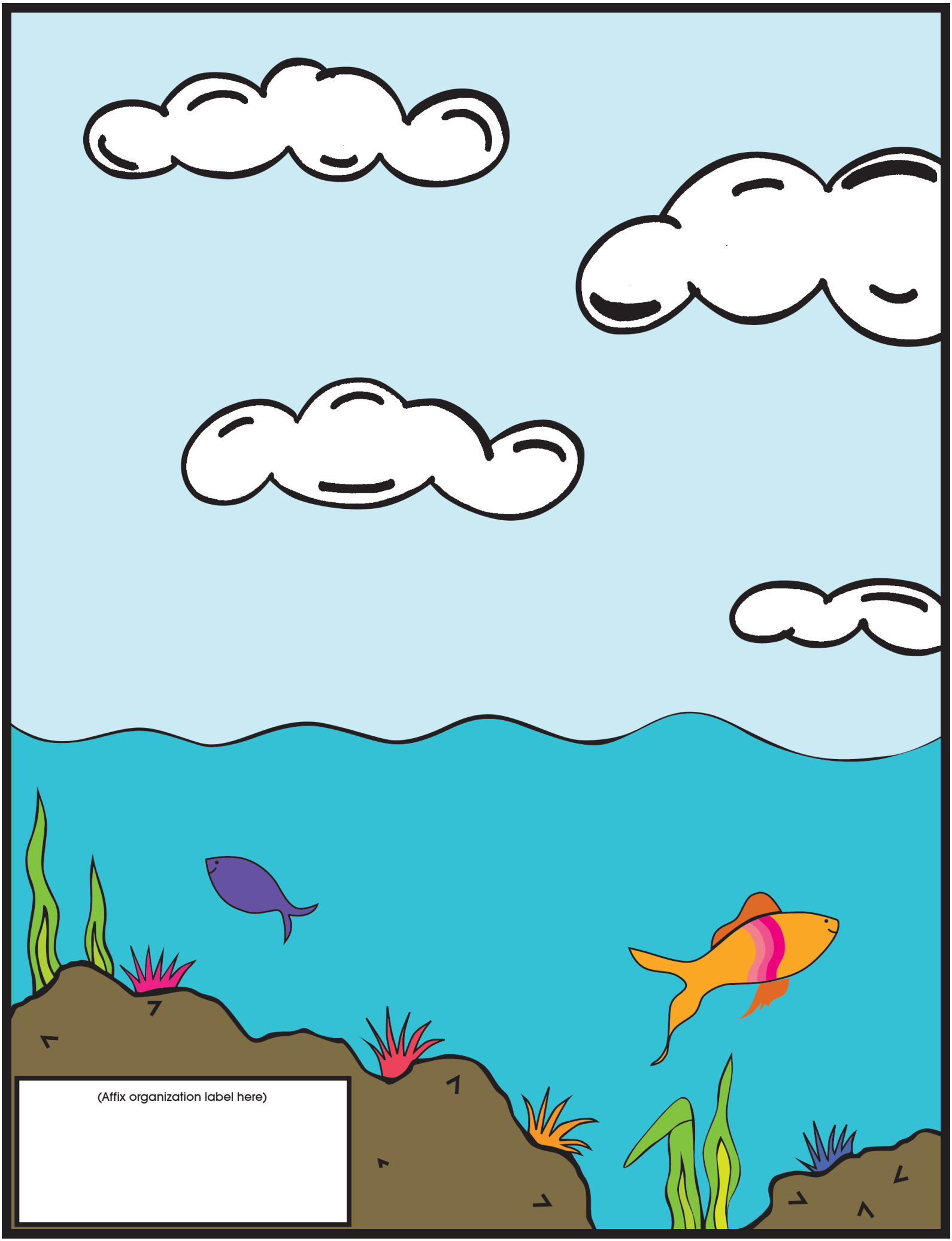
SPRING
Makes Me
HAPPY!

Can you match the emotions?





Draw a line from the word on the tree that matches how each child is feeling.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