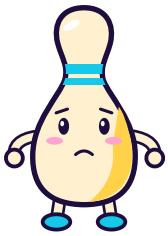
Kernel's Playhouse
Pause. Plan. Play!

FEELINGS FACES

Match the faces

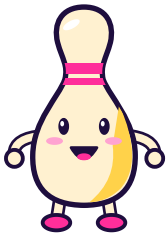
Draw a line from each Pin to the face that matches how it feels.

Anxious Pin



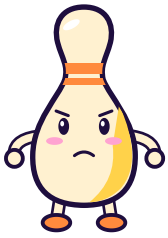
happy

Happy Pin



upset

Always-Upset Pin



worried

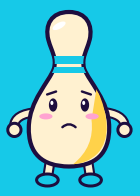
How do you feel today?
Draw your face in the circle.
Every feeling is okay.

For grown-ups: There is no wrong answer. Talk about a time each of you felt this way. Answers can be pointing, drawing, moving or words. Print at home on US Letter paper. No sign-up, no email, and nothing on this page collects information.

DRAFT – not approved – BUS-11

Feeling cards and choice cards

Cut out the cards. Pick a feeling, then pick what could help.



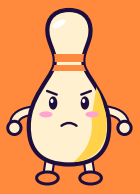
Worried

Anxious Pin gets ready and asks for help.



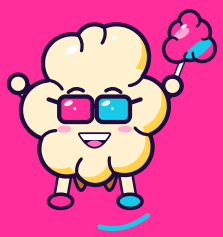
Happy

Happy Pin is full of joy and friendship.



Upset

Always-Upset Pin says when it's sad, then makes up.



Pause

Kernel stops and takes a big breath.



Watch

I can watch first.



Join

I can join in.



Help

I can ask for help, or help a friend.



Rest

I can rest for a while.

For grown-ups: Cutting is a grown-up job. You choose which cards to use. Choosing "rest" or "watch" is just as good as "join". Print at home on US Letter paper. No sign-up, no email, and nothing on this page collects information.