

How do you feel today?



Create your own Emotion Meter:

1. Brainstorm a list of emotions that you have felt at different times (e.g. angry, scared, disgusted, sad, happy, excited). Choose 6–12 of these and write them on the lines below each face shape.
2. For each emotion, draw the face that you make when you experience that emotion. If it helps, look into a mirror, act out the emotion, then draw what you see.
3. Cut out the 'I'm feeling' frame and the strips of faces along the dashed lines. Then cut out a 'window' in the middle of the frame.
4. Assemble the frame by folding the paper along the dotted line, and placing a staple or tape on the bottom edge (beneath the words 'I'm feeling'). This should leave two openings on the left and right edges of the frame.
5. If you drew more than 6 emotions, place the two strips side by side, and attach them together with a staple or tape to create a long strip. Slide the strip of paper containing your emotion sketches through the opening on the left edge of your frame, and out the opening on the right.
6. Center the frame around the emotion you're feeling at this moment!

