

How did it feel?

Feelings Cookie

You will need some plain cookies and some tubes of icing in different colours.

Colour	Colour	Colour	Colour
Feeling	Feeling	Feeling	Feeling

Use your imagination to pick four colours and write or draw an emotion word from your Calm Box activity to each colour.

Reflect on the feelings identified and how you experienced those feelings.

Note where the feelings that were identified are located in the body.

If difficult feelings arose, think about how you can manage those feelings in your body and your brain if they become overwhelming such as exercise, drawing, or talking to someone about them.

When you are ready, ice your cookie in a way that will represent the four emotions that you have identified.

Eat and enjoy your cookies!