

# Color Your Feelings Worksheet

Name (optional): \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Use the colors that best represent how you feel right now. Let your emotions guide your choices! Each section is a space to reflect on a different feeling. Color in the illustrations and explore your emotions.

## Emotions faces

Color the face below that best represents your current feeling. Feel free to mix colors or use the suggested ones next to each face.

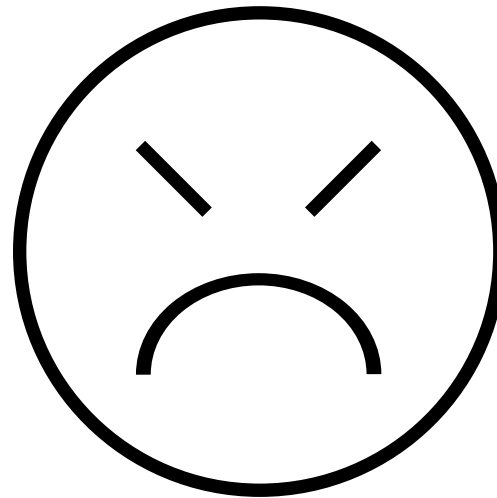
Happiness  
(Yellow)



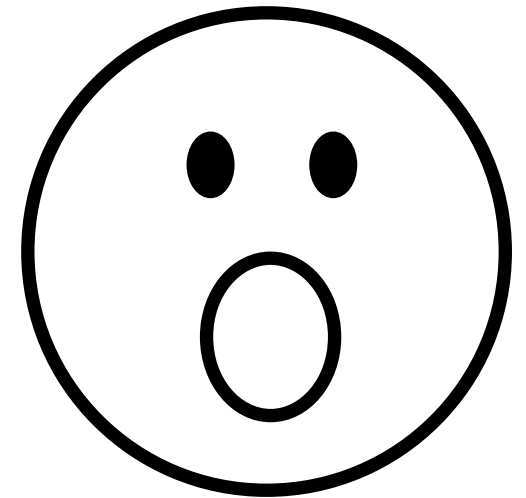
Sadness  
(Blue)



Anger  
(Red/Orange)



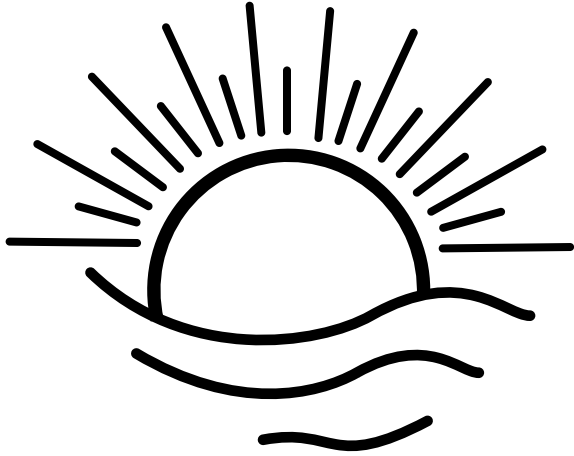
Surprise  
(Light Blue or Purple)



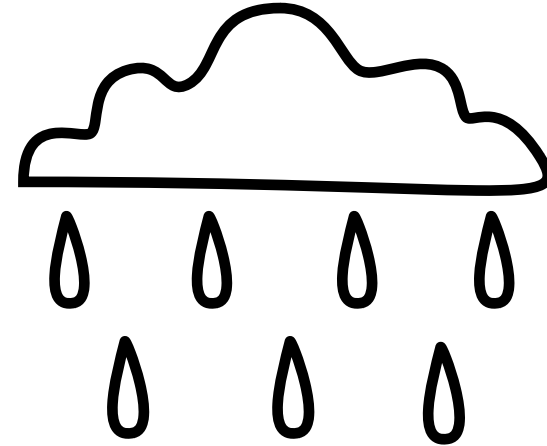
## Nature elements

Color the nature elements below, each representing different feelings. You can choose the colors based on your current mood.

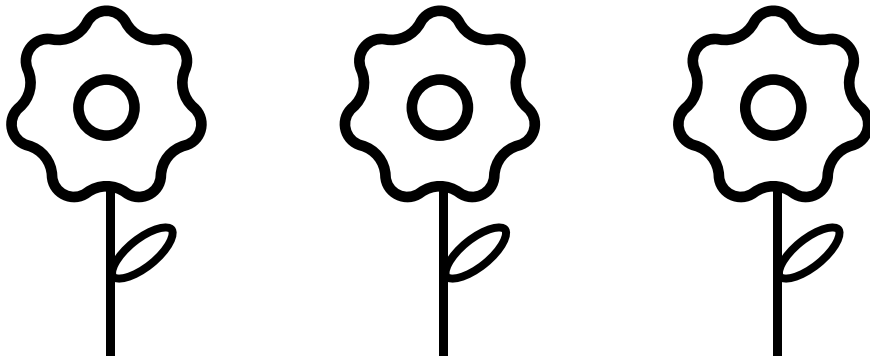
**Sunrise**  
(Calmness)



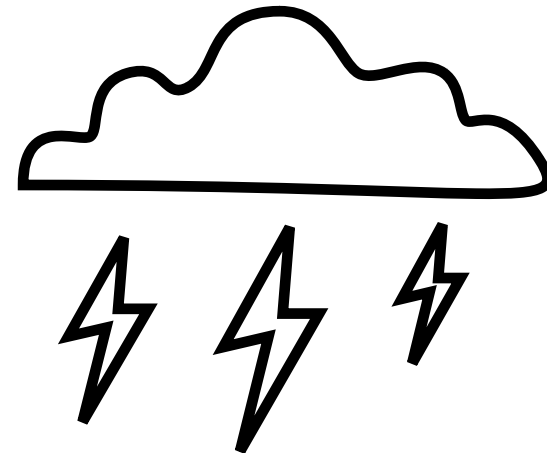
**Rainclouds**  
(Sadness)



**Flowers**  
(Joy)

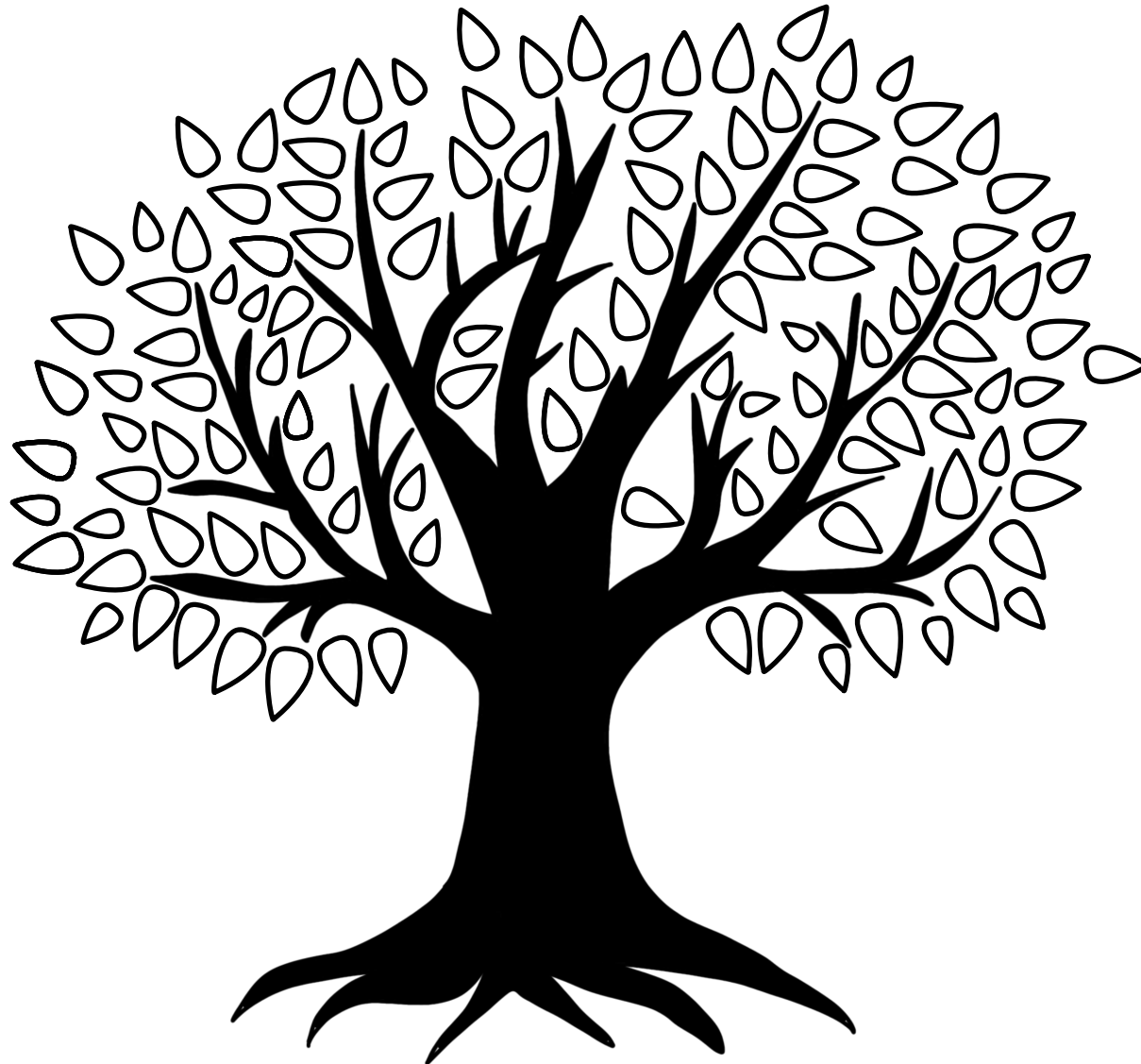


**Stormy clouds**  
(Anger)



## Mood tree

Color the leaves of the tree below. Each leaf represents a different feeling. Choose colors that best represent your current feelings.



## Guided questions

Take a moment to think about your feelings. How did coloring these images make you feel? Did the colors match your emotions?

How do you feel after completing this worksheet? Did it help you understand your emotions better?

Which color did you feel the most connected to while coloring? Why?

Can you think of other ways to express your feelings creatively?