

What is the Snowman Feeling?

What to Know

Feelings give you information about what you're experiencing and help you know how to react. As you grow up, you can more easily identify and understand feelings. Instead of reacting like younger kids do, you can put your feelings into words. With time and practice, you get better at knowing what you're feeling—and why. This skill is called emotional awareness.

Emotional awareness helps you know what you need and want (or don't want) and build better relationships. Being aware of your feelings helps you talk about them more clearly, avoid and resolve conflicts, and cope with difficult feelings.

Here are a few basic things about feelings:

- **They come and go.** You probably feel many different feelings throughout the day. Some last a few seconds, while others linger.
- **They can be mild, intense, or anywhere in between.** The intensity depends on the situation and on the person.
- **There are no good or bad feelings, but there are good and bad ways of expressing (or acting on) them.** Learning how to express feelings in healthy ways is built on a foundation of being able to understand them.

All feelings tell you something about yourself and the situation. But sometimes you might find it hard to accept what you feel. You might judge yourself for feeling a certain way, like if you feel resentful, for example. But instead of thinking you shouldn't feel that way, just notice the feeling. Pretending you don't feel the way you do makes it harder to move past difficult feelings. Facing your feelings helps you understand why you feel that way. Emotional awareness simply means recognizing, respecting, and accepting your feelings as they happen.

Sometimes feelings are complicated—especially if you have more than one feeling at a time. For example, you might be excited, scared, and anxious, or angry, hurt, and disappointed. This activity will help you better understand complicated feelings by matching feeling words with the related expression.

What to Do

First, cut the feeling words apart. There are two blank ones for you to fill in your own feeling words. Add more if you think of others.

On the first line, give the snowman a name.

Using crayons, markers, or colored pencils, decorate the snowman. You might draw a hat, hair, arms, or a scarf. You can decorate the area around the snowman, too.

Paste or tape the feeling word in the rectangular box. If the snowman has more than one feeling, add all of them to the box.

Now, do your best to draw an expression on the snowman's face that matches the feelings you pasted in the box.

Finally, when you're finished decorating the snowman, answer the questions.



What is the snowman feeling?

How strong are the feelings? Mild, intense, or somewhere in between? Place an X on the line below.



Happy	Excited	Sad
Surprised	Calm	Shocked
Worried	Angry	Sleepy
Scared	Embarrassed	Anxious
Friendly	Proud	Disgusted
Silly	Bored	Confident
Helpless	Doubtful	Depressed
Joyful	Puzzled	Amazed
Courageous	Hopeful	Grateful
Confused	Jealous	Determined
Disappointed		

Was it easy or hard draw the expression to match the feeling words? _____

Why? _____

Why do you think the snowman is experiencing these feelings?

What do the feelings tell you about the snowman's situation?

What are some things the snowman can do to cope with these feelings?
