

MAYA AND HER FEELINGS DANCE

HAPPY



CALM



BRAVE



FRUSTRATED



NERVOUS



PROUD



♥ LITTLE LESSONS WITH MR. MASON ♥

MY FEELINGS DANCE

★ COLORING PAGE ★



Name: _____

Date: _____

MY FEELINGS DANCE

★ ACTIVITY PAGE ★



Feelings can be big, small, loud, quiet, and everything in between.
That's okay! When we move our bodies, we can feel better.



MATCH THE FEELING TO THE MOVE!

Draw a line to match each feeling to the move that helps.



Happy

Sway like the wind.



Calm

Three slow breaths and finger taps.



Brave

Stomp it out, then shake it off!



Frustrated

Superhero strong pose!



Nervous

Bounce up and down!



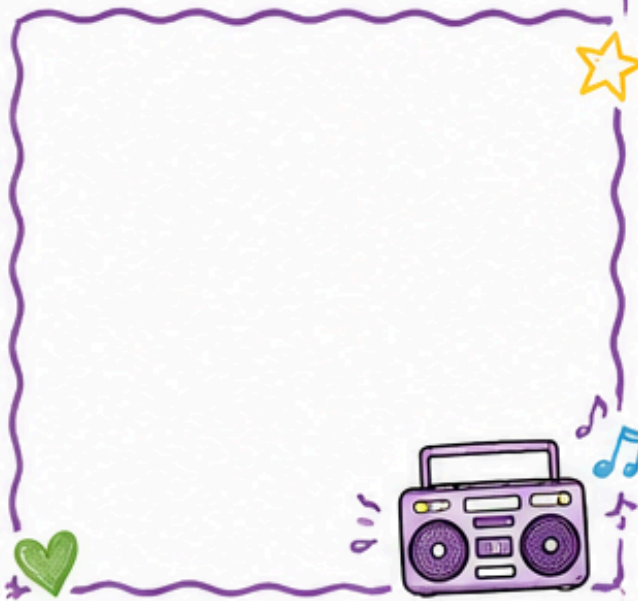
Proud

"I did it!" Pose!



DRAW YOUR DANCE!

How do you dance when you feel happy?



★ FEELINGS CHECK-IN! ★

Color how you feel right now.



Happy



Calm



Brave



Frustrated



Nervous



Proud

My feelings are important. My moves help me through.



I FEEL. I MOVE. I GROW.

