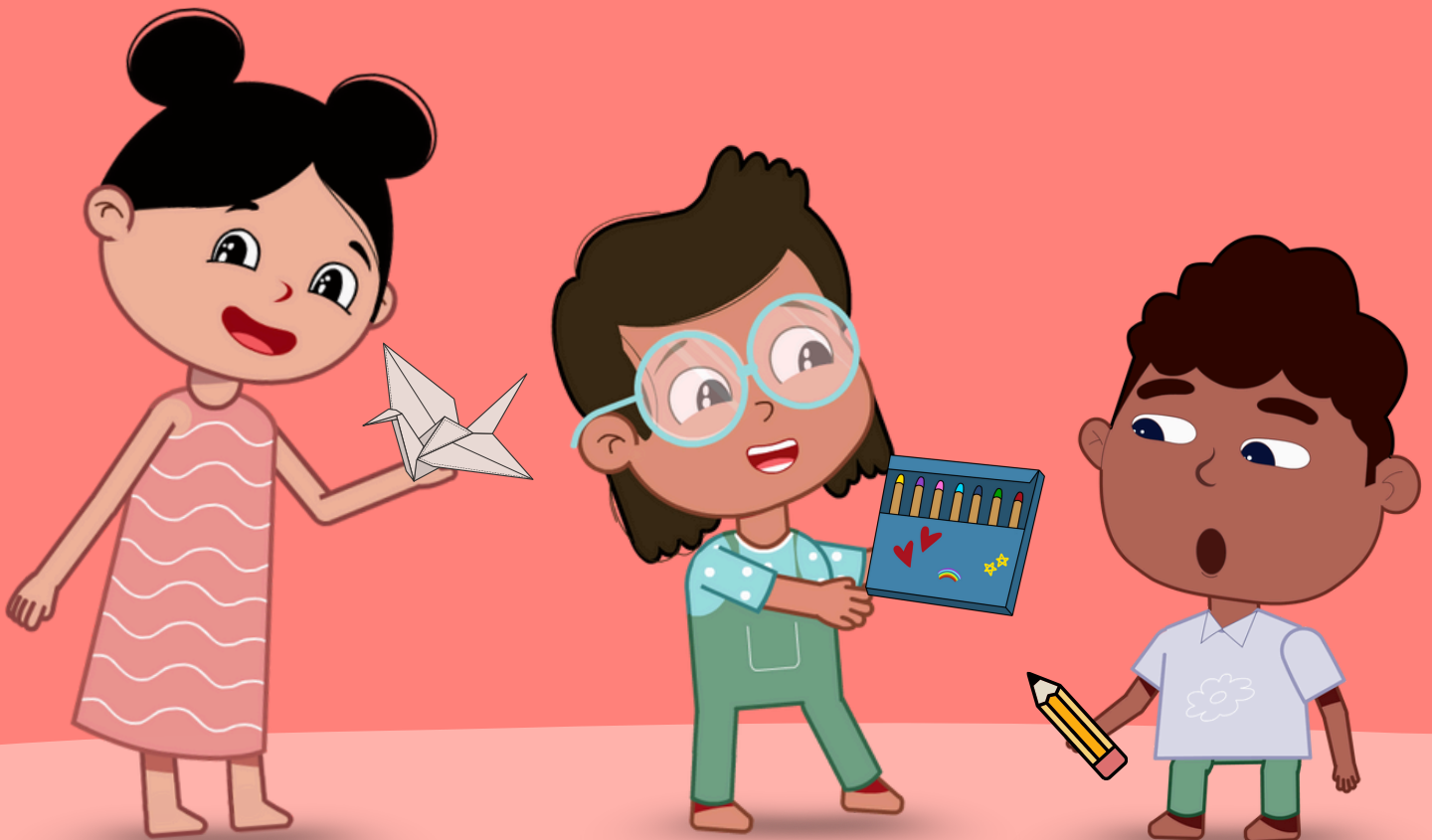


CALMING DOWN WORKBOOK

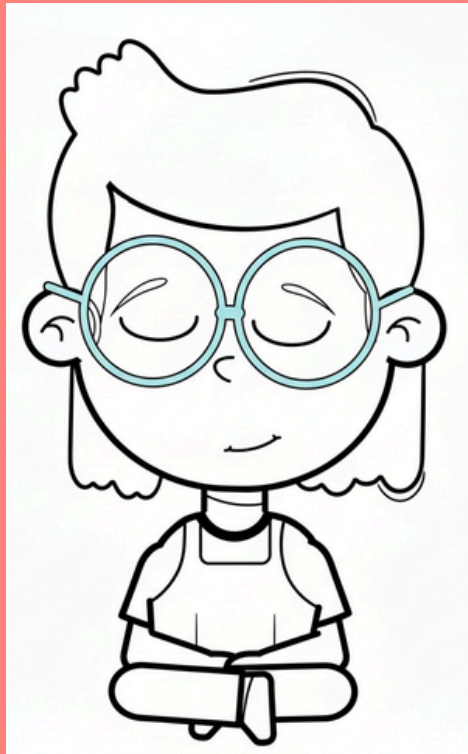
A mix of fun, calming, and reflection —
to help little minds learn self regulation 🌈



COLOUR YOUR FEELINGS



Happy



Calm



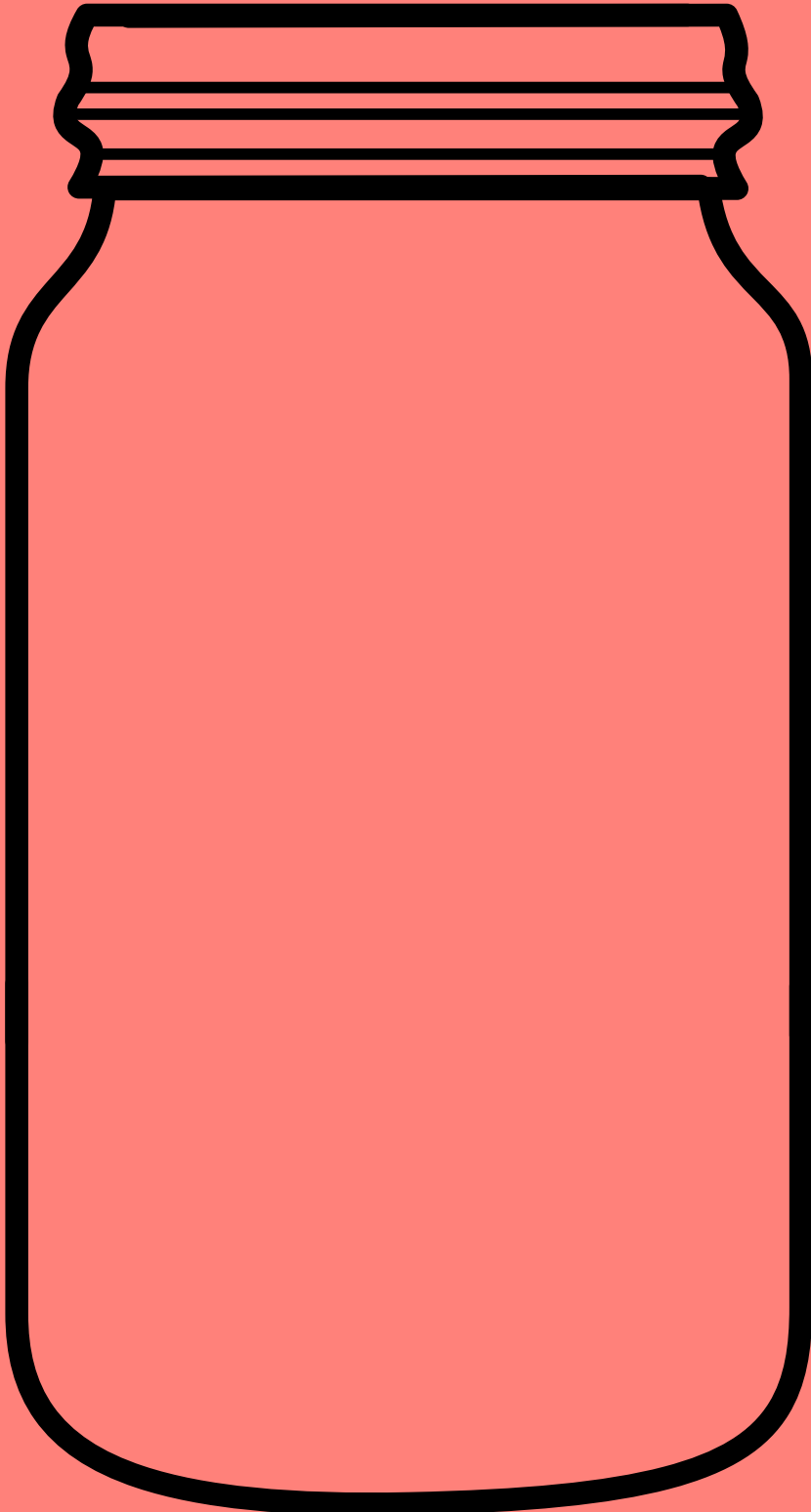
Confused



Loved

MY WORRY JAR

Write down all of your worries inside the jar. Talk about why each of them worries you when you write them down.



FIND YOUR FEELINGS!

With E, Mo and MEE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED ENRAGED PROUD NERVOUS HAPPY

PROUD AFRAID ANGRY CONFIDENT

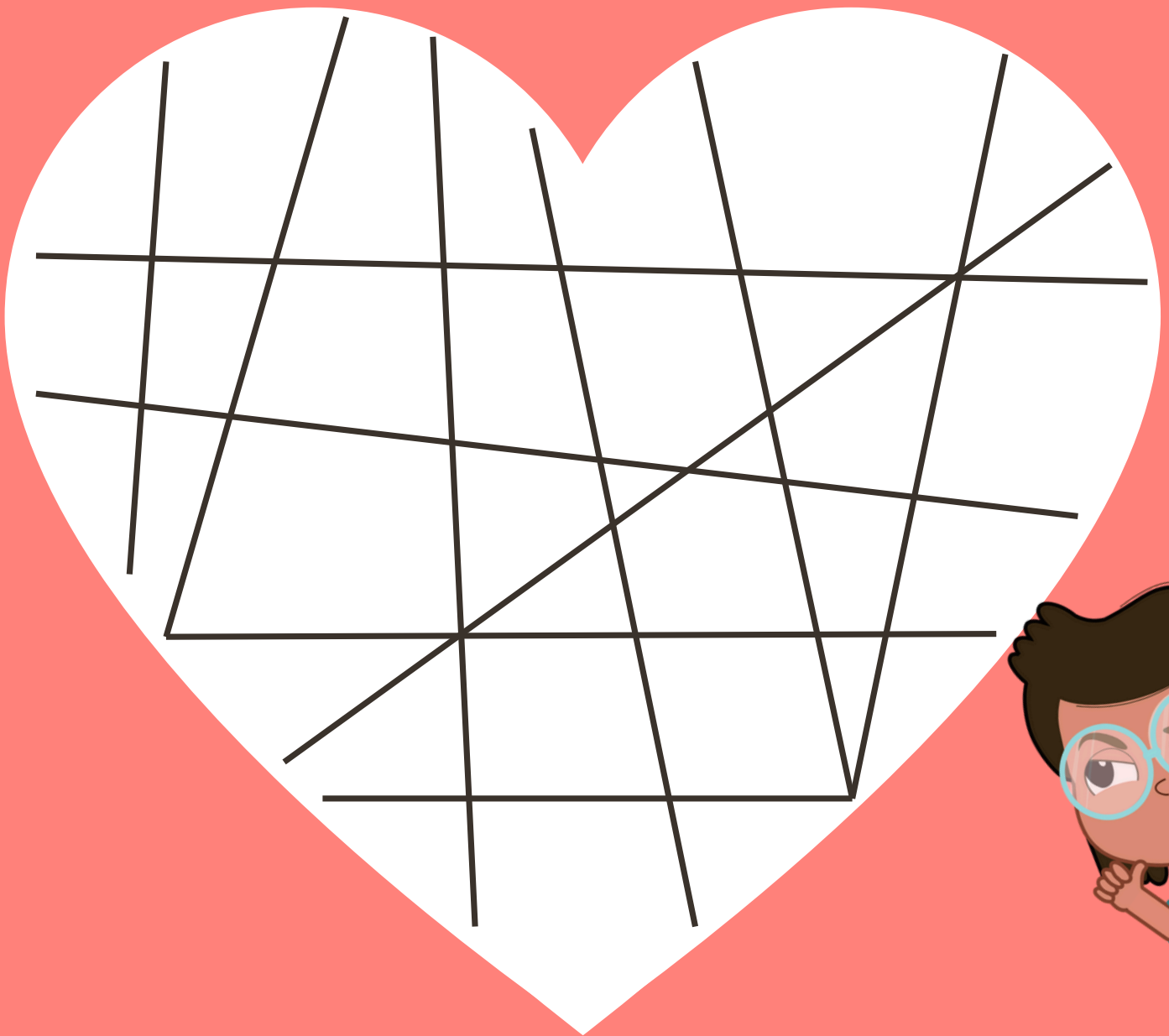
CAUTIOUS FRUSTRATED LONELY CONFUSED

BORED SHOCKED ECSTATIC JEALOUS HOPELESS



TANGLED FEELINGS

Emotions are tricky! How are you feeling? Color in the key and the heart below to reflect your current emotions. Use as few or as many different colors and emotions as you need!



- | | | | | | | | | | |
|--------------------------|-------|--------------------------|-------|--------------------------|-------|--------------------------|---------|--------------------------|--------|
| <input type="checkbox"/> | Happy | <input type="checkbox"/> | Angry | <input type="checkbox"/> | Bored | <input type="checkbox"/> | Excited | <input type="checkbox"/> | Scared |
| <input type="checkbox"/> | Sad | <input type="checkbox"/> | Proud | <input type="checkbox"/> | Calm | <input type="checkbox"/> | Worried | | |

SITUATIONS THAT MAKE ME ANGRY

Check off all that apply to you...

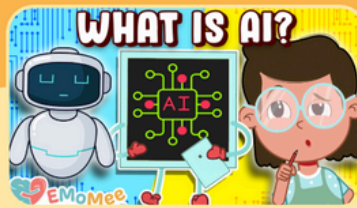
- | | | |
|--|---|---|
| <input type="checkbox"/> Being told on | <input type="checkbox"/> When I'm being ignored | <input type="checkbox"/> When plans change |
| <input type="checkbox"/> When I have to wait | <input type="checkbox"/> When I'm being interrupted | <input type="checkbox"/> When I'm bullied |
| <input type="checkbox"/> When i am too Hungry | <input type="checkbox"/> When I run out of time | <input type="checkbox"/> When I don't win |
| <input type="checkbox"/> When someone cheats in a game | <input type="checkbox"/> When I'm disrespected | <input type="checkbox"/> When I have to ask for help |
| <input type="checkbox"/> When I'm hurt or in pain | <input type="checkbox"/> When I'm bumped into | <input type="checkbox"/> When things are messy |
| <input type="checkbox"/> When I hear bad News | <input type="checkbox"/> When I lose a game | <input type="checkbox"/> When I have to be in a large group of people |
| <input type="checkbox"/> When I don't do well on tests | <input type="checkbox"/> When things are not fair | <input type="checkbox"/> When I'm told what to do |
| <input type="checkbox"/> When I'm tired | <input type="checkbox"/> When I'm left out | <input type="checkbox"/> When people argue |





About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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