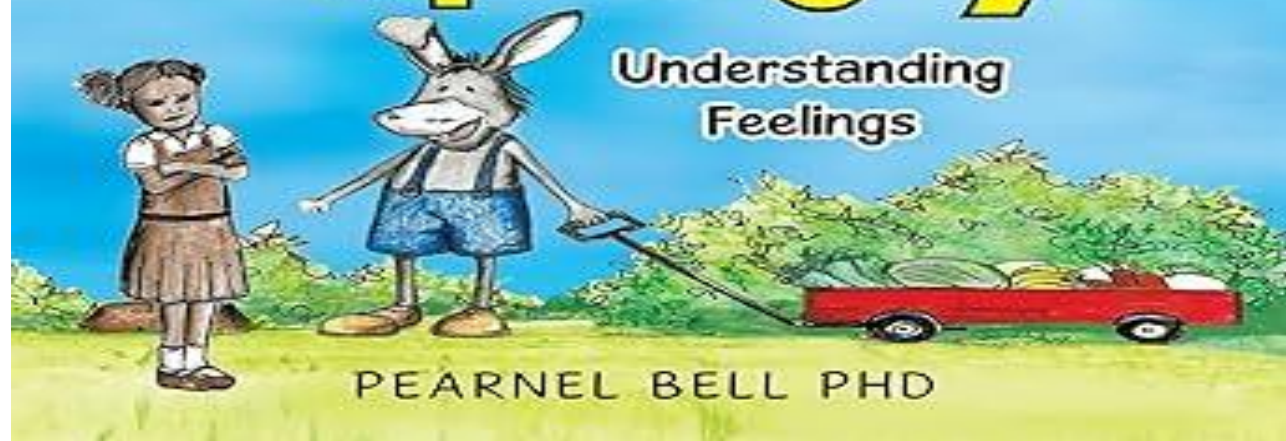


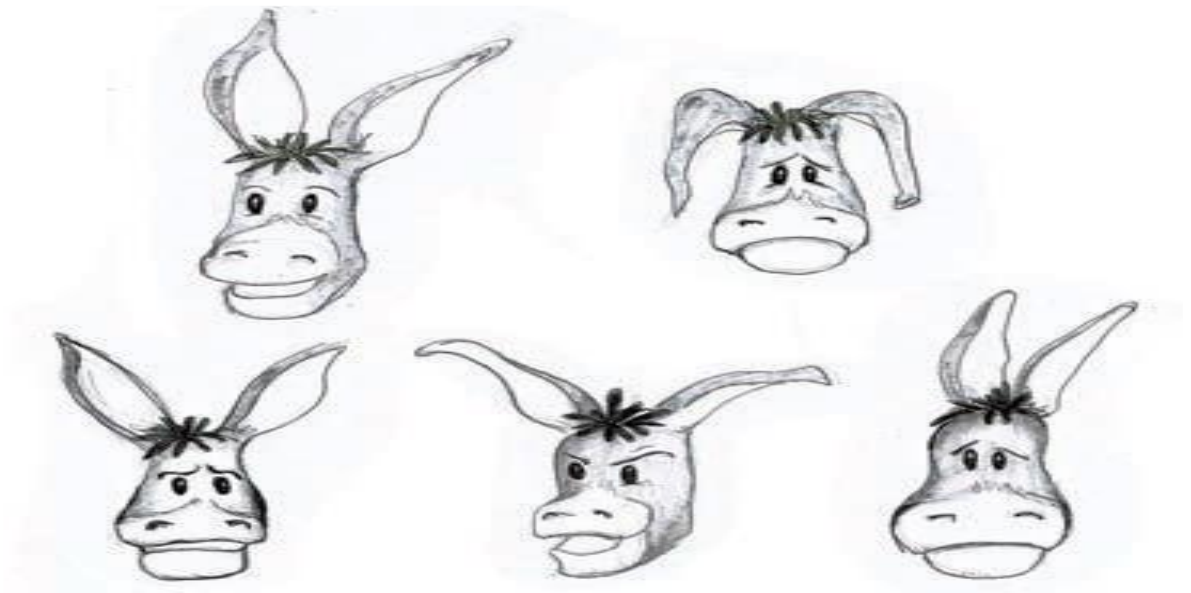
The Adventures of  
**Dooney**  
the **Donkey** with  
**Curious Jay**

Understanding  
Feelings



PEARNEL BELL PHD

ACTIVITY SHEET: UNDERSTANDING FEELINGS WITH DOONEY THE DONKEY & CURIOUS JAY



Color your feelings. For each feeling you have color Dooney the Donkey's face with a color to represent each feeling you have.

Dooney the Donkey had many different feelings on his way to the market. For the different feelings you have say one thing you can do to feel better.

If I am sad \_\_\_\_\_ I can \_\_\_\_\_

If I am bored \_\_\_\_\_ I can \_\_\_\_\_

If I am confused \_\_\_\_\_ I can \_\_\_\_\_

If I am angry \_\_\_\_\_ I can \_\_\_\_\_

If I am scared \_\_\_\_\_ I can \_\_\_\_\_

How are you feeling today? Draw a face  
showing your feelings

Write down 5 things you are grateful for

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*Read the book Adventures of Dooney the Donkey with Curious Jay get more ideas on how to solve conflicts.*