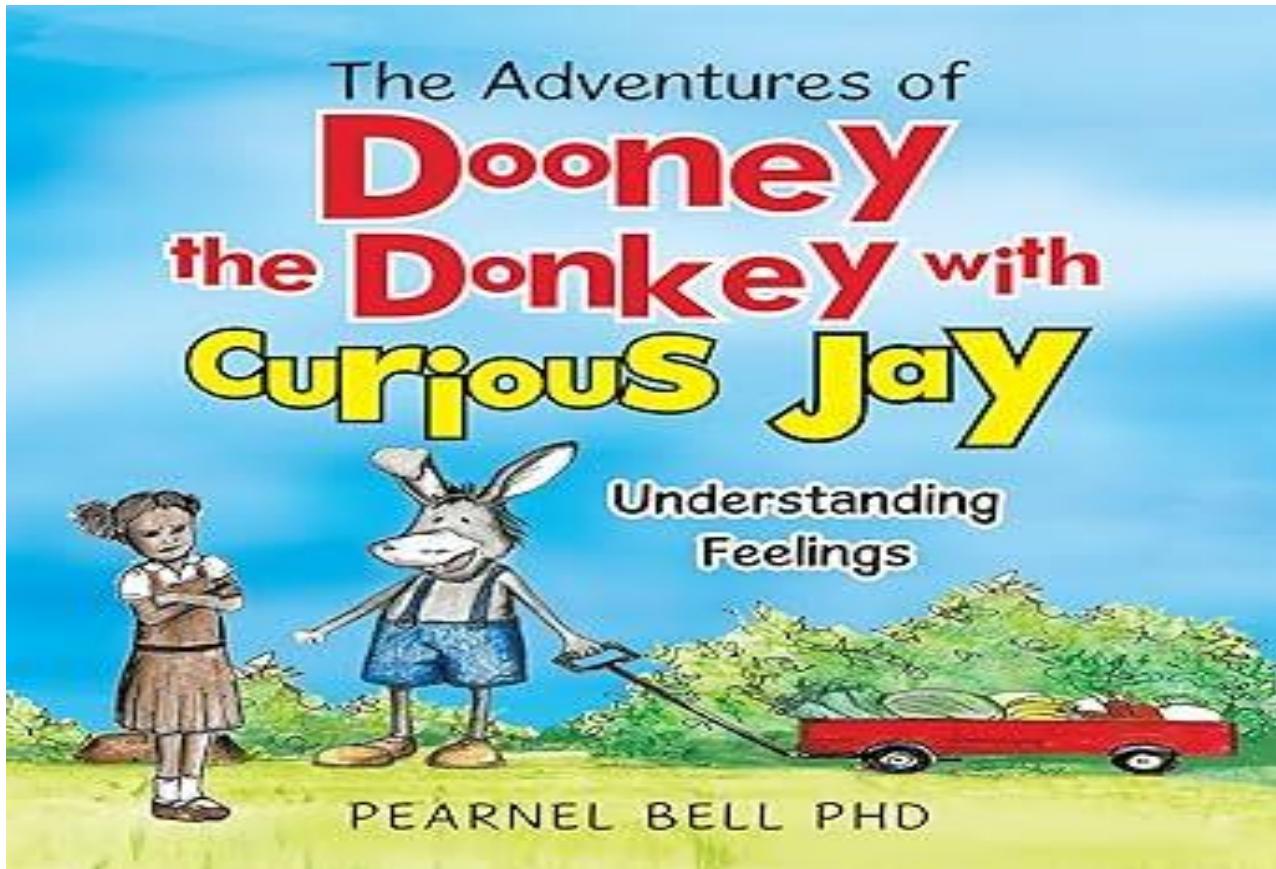


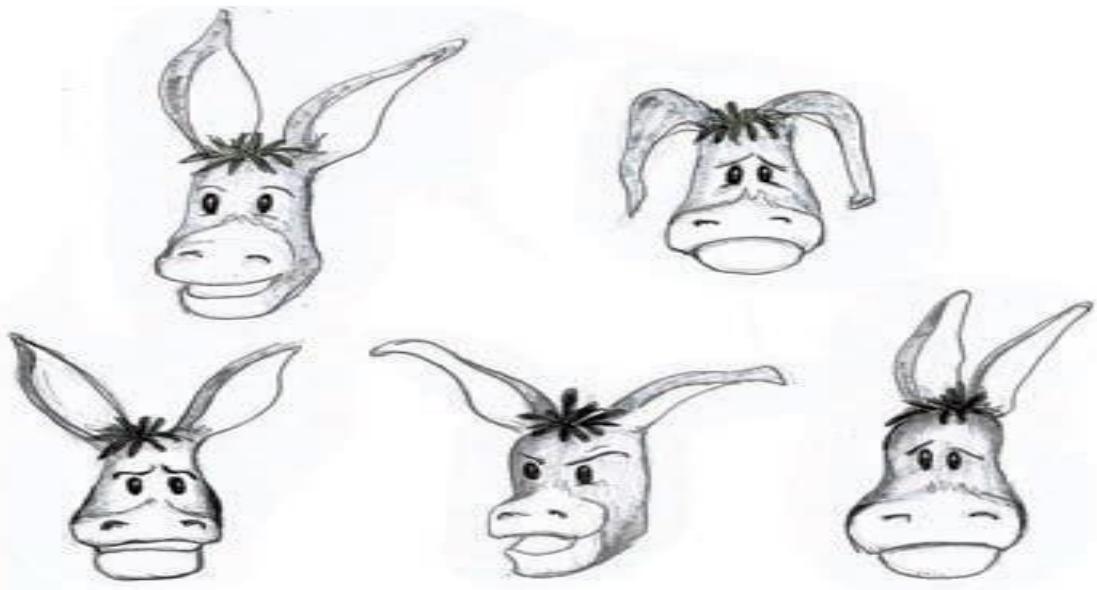
The Adventures of
Dooney
the Donkey with
Curious Jay

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.