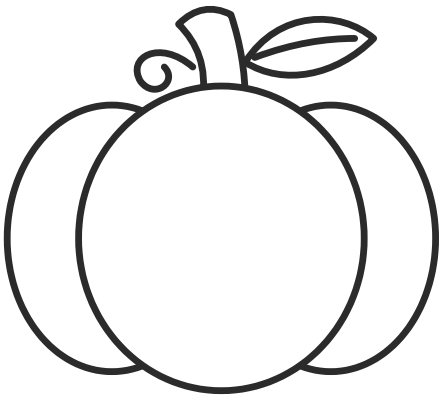
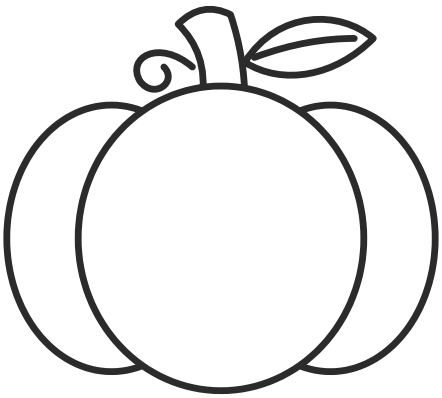
 Name: _____

🎃 Pumpkin Feelings

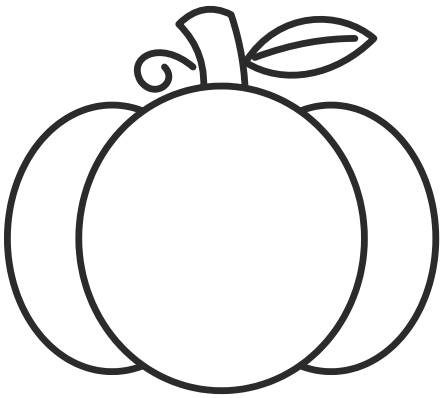
Read each feeling word with a grown-up. Draw a face on each pumpkin to show that feeling. Then make the face yourself!



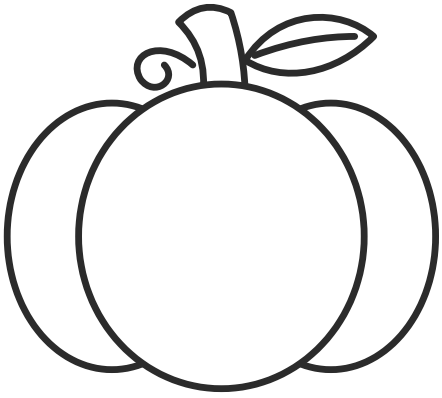
😀 **happy**



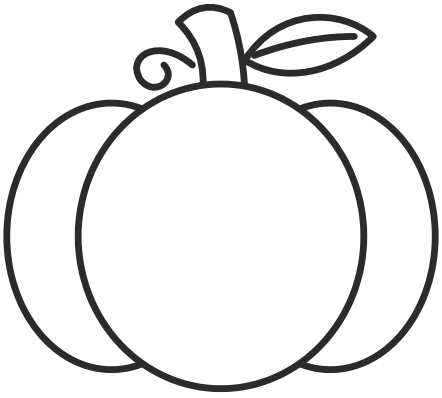
😢 **sad**



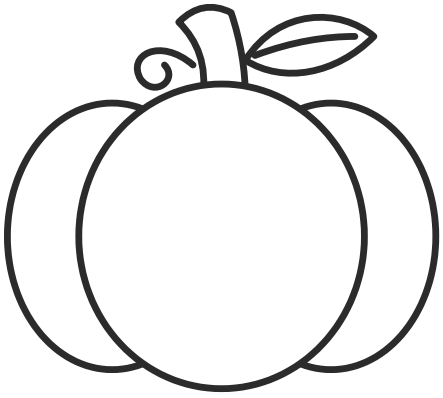
😜 **silly**



😴 **sleepy**



😮 **surprised**



😠 **mad**

💡 **For grown-ups: why it works.** Naming feelings and showing them on a face helps children recognise emotions in themselves and others, a skill tied to calmer behavior. Ask: when did you feel sleepy or surprised? Making the faces together is half the fun.