

pocket Full of Feelings activity book



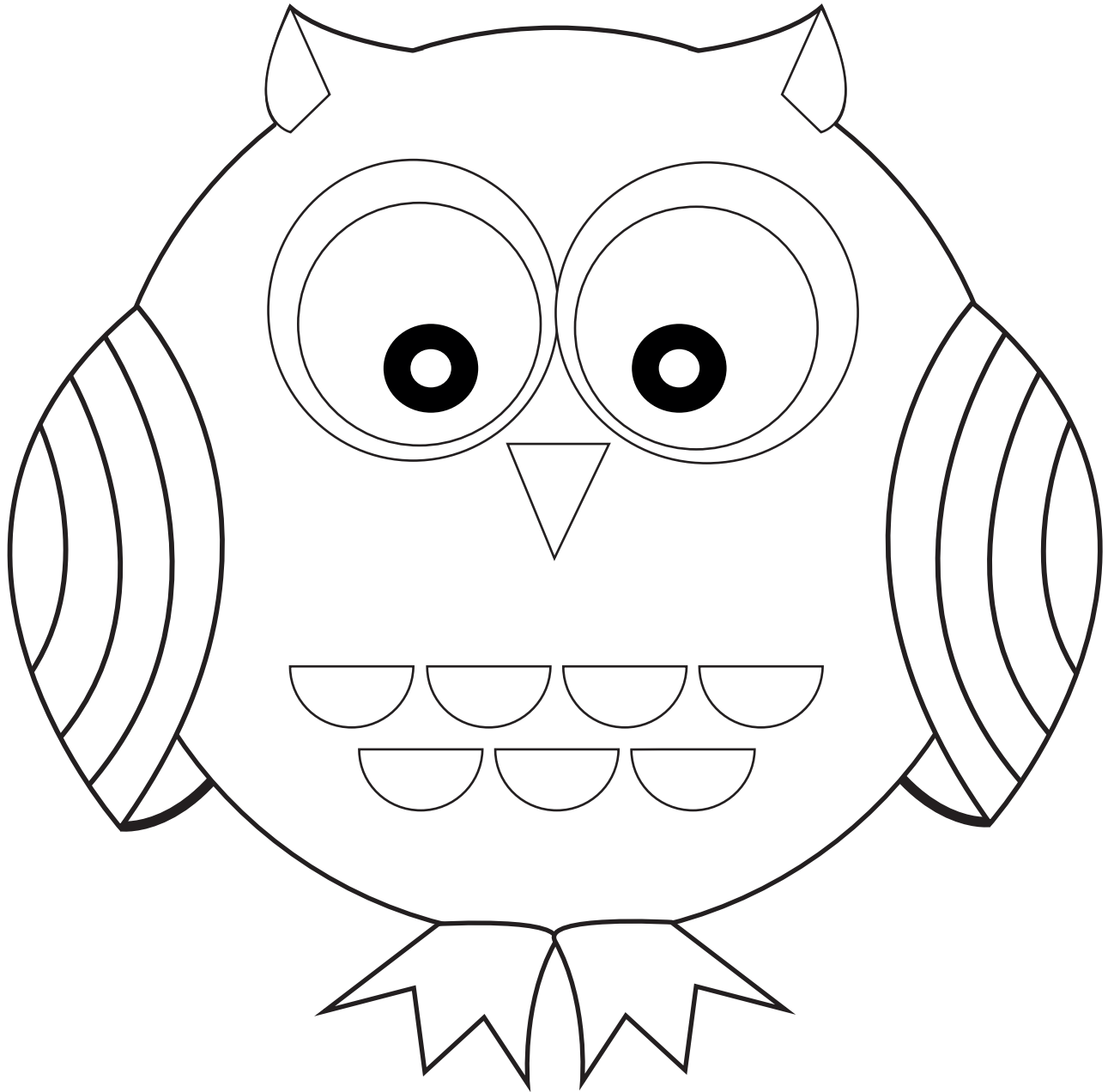
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produced by: Ann Corwin, Ph.D., M.Ed. & Karin Lombardo, M.A. • e-mail: info@pocketfulloffeelings.com • phone: 949-643-9978 • www.pocketfulloffeelings.com • stay connected    

BROUGHT TO YOU BY GEN•EQ™

**color Poffer™ From pocket full of feelings™ (pFF™)
learn from Poffer™ how to deal with what you feel!**



Learn from **Poffer** and the **poFFs** that: Feelings are real and Something we feel. What matters the most is the way that we deal!

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color the poFFs From pocket full of feelings™ (pFF™)



proud



disappointed



ashamed



tired



happy



mad



envious



thankful



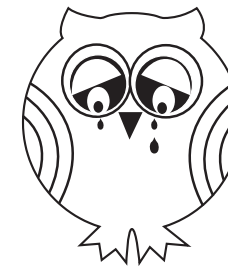
bored



frustrated



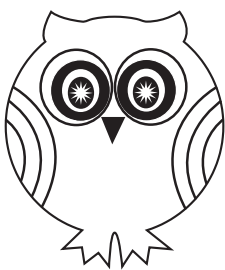
shy



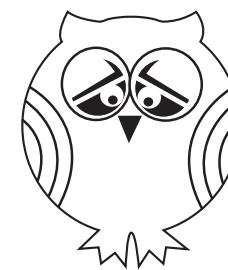
sad



scared



excited



embarrassed

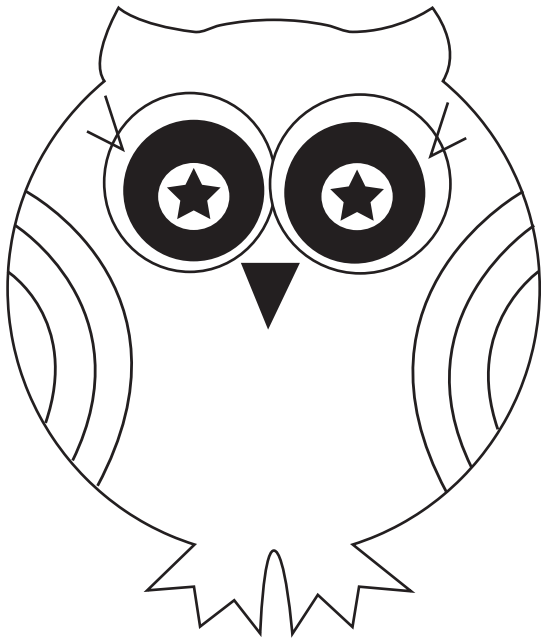


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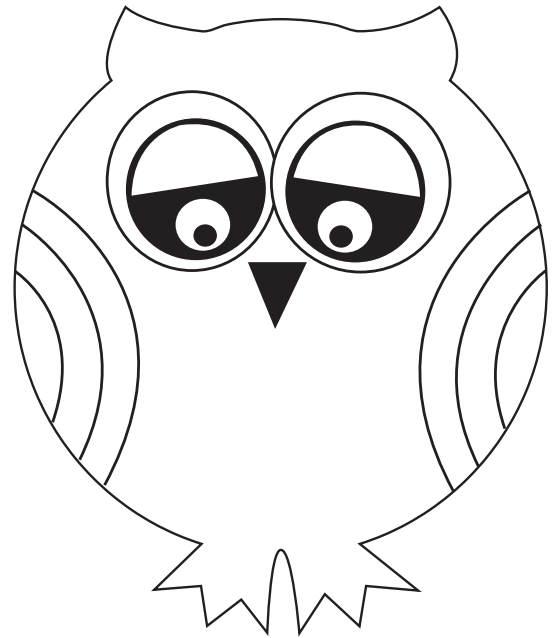
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**proud: you feel you
did a great job**



**disappointed: you
feel let down**



**tired: you feel drained
of energy**



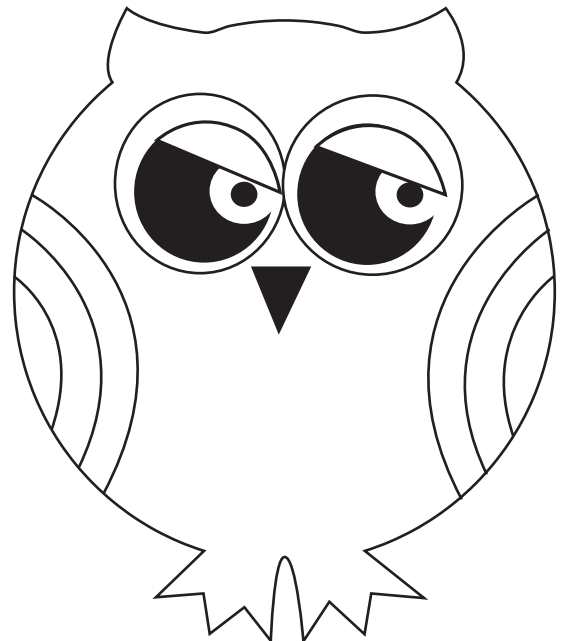
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happy: you feel joyful



ashamed: you feel regretful



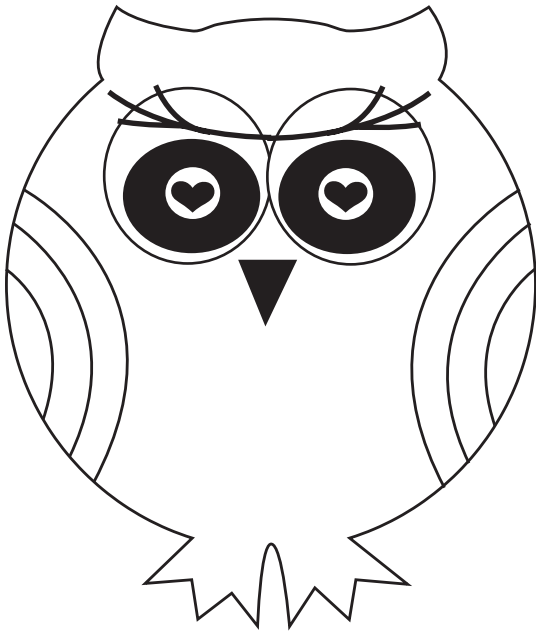
mad: you feel wronged



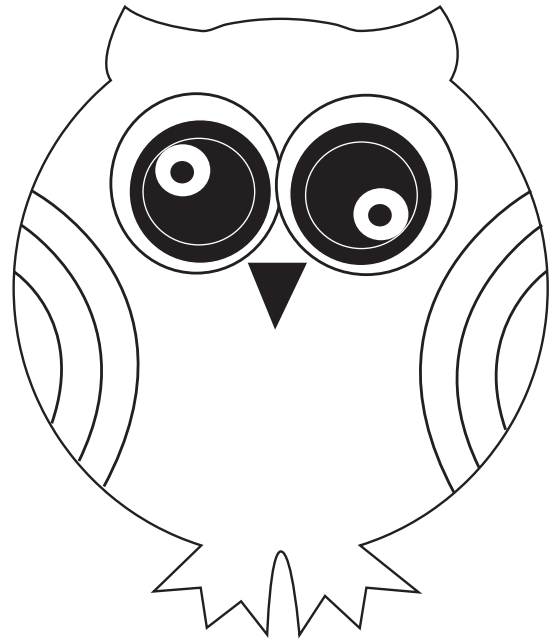
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**thankful is when you
feel glad about
something**



**bored: you are
uninterested**



**envious: you feel like
it's not fair**



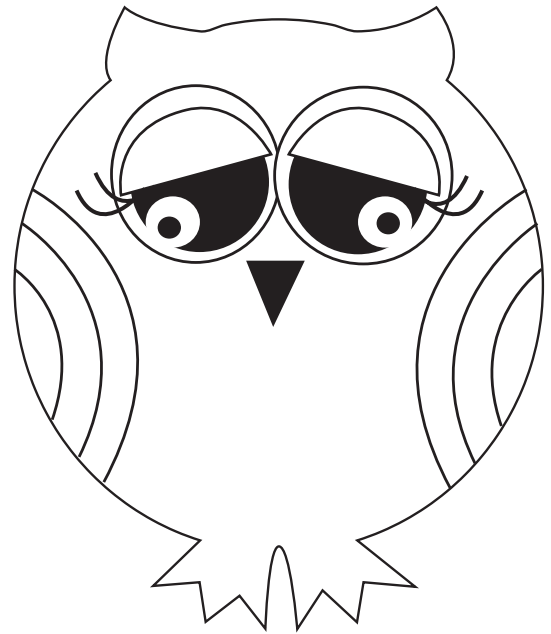
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**sad: your feelings
are hurt**



**shy: you feel
unsafe or cautious**



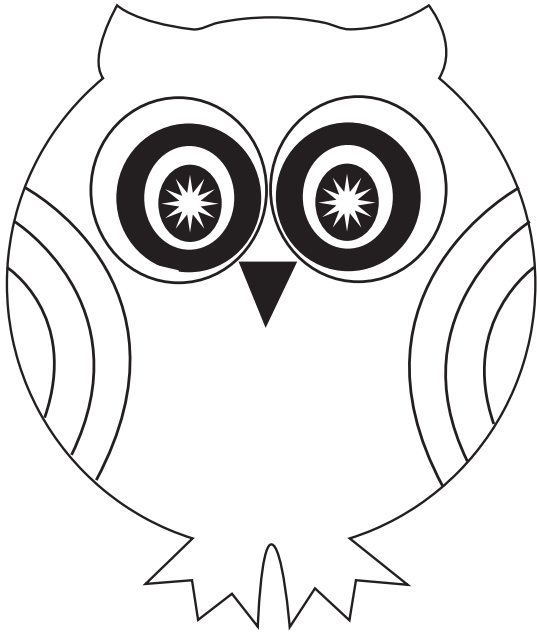
**Frustrated: you are
out of patience**



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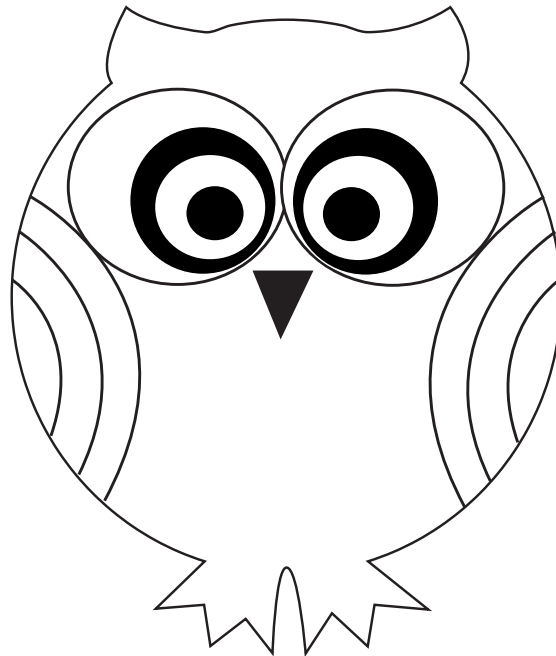
color the pofffs From pocket Full of Feelings™ (pFF™)



**excited: you are
thrilled**



**embarrassed: you
feel uncomfortable**



**scared: you feel
extremely concerned**



Learn from **PoFFer** and the **poFFfs** that: **Feelings** are real and **Something** we feel. **What matters the most is the way that we deal!**

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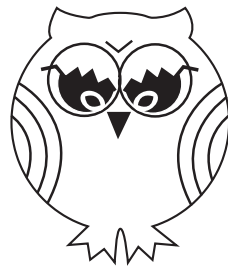
circle the (pFF™) poFF that matches the feeling on the right for each row



proud



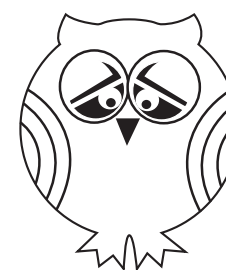
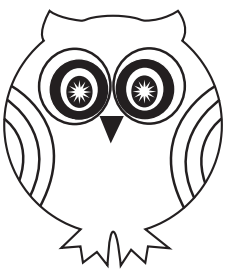
mad



envious



shy



embarrassed

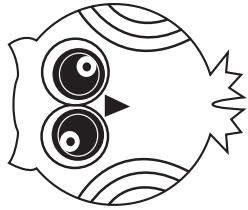


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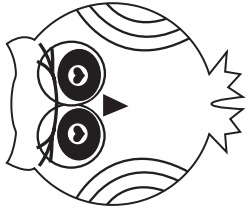
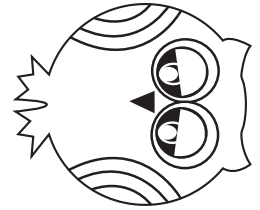
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draw a line from each (pFF™) poFF to it's correct Feeling



mad

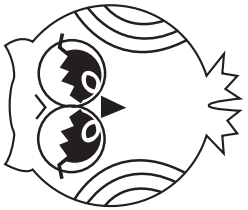
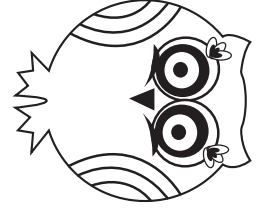
thankful



proud

shy

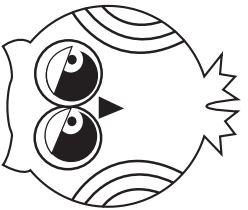
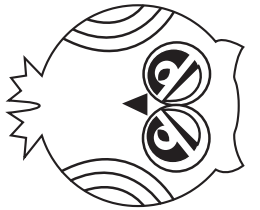
scared



disappointed

tired

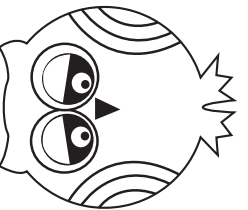
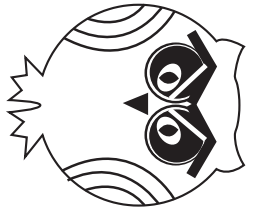
ashamed



envious

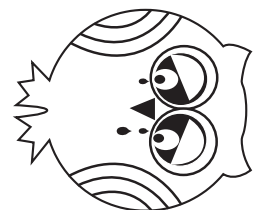
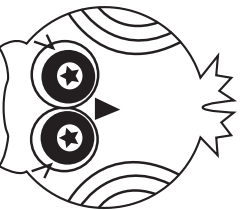
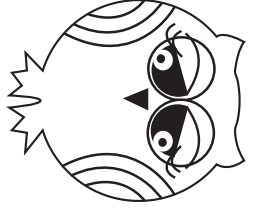
bored

sad



happy

excited



embarrassed

frustrated



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what poFF do you feel like today?



proud



disappointed



ashamed



tired



happy



mad



envious



thankful



bored



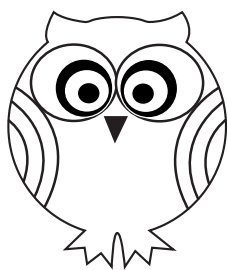
Frustrated



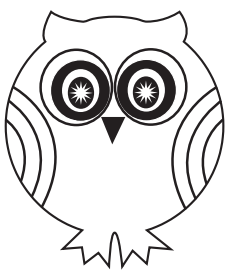
shy



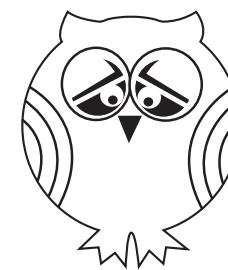
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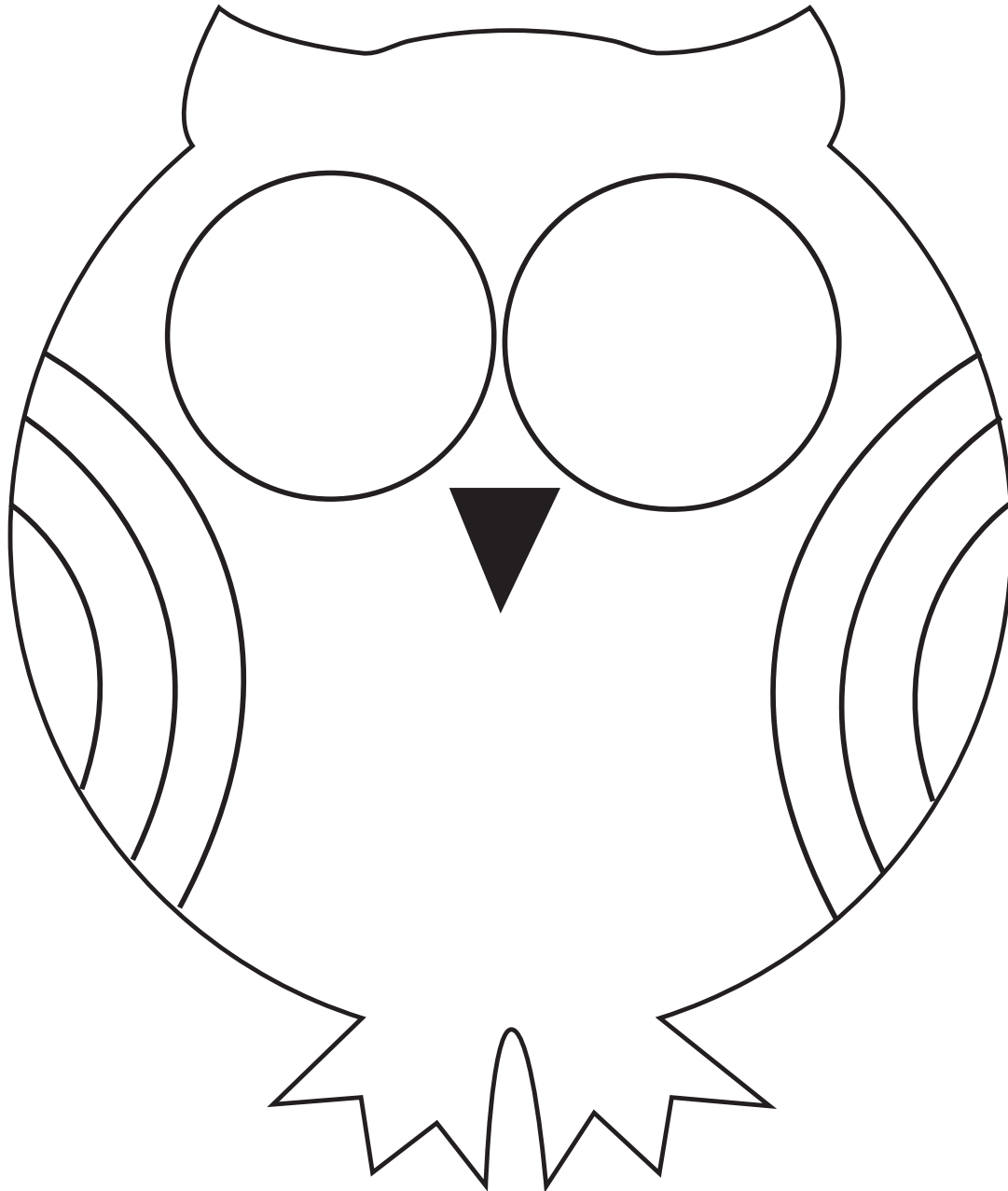


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how are you feeling today?

create your own feeling poFF and share it with us on Facebook!



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