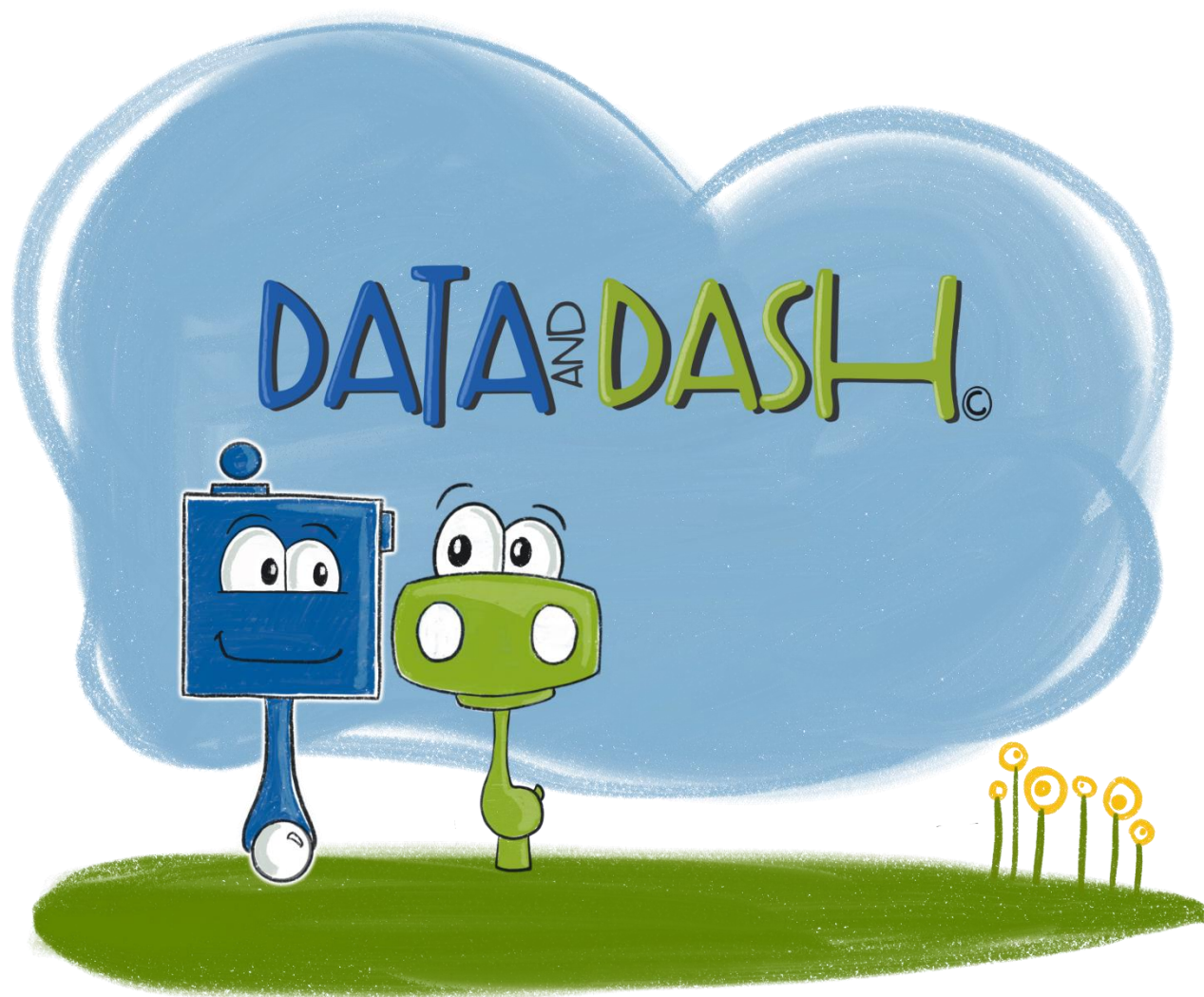


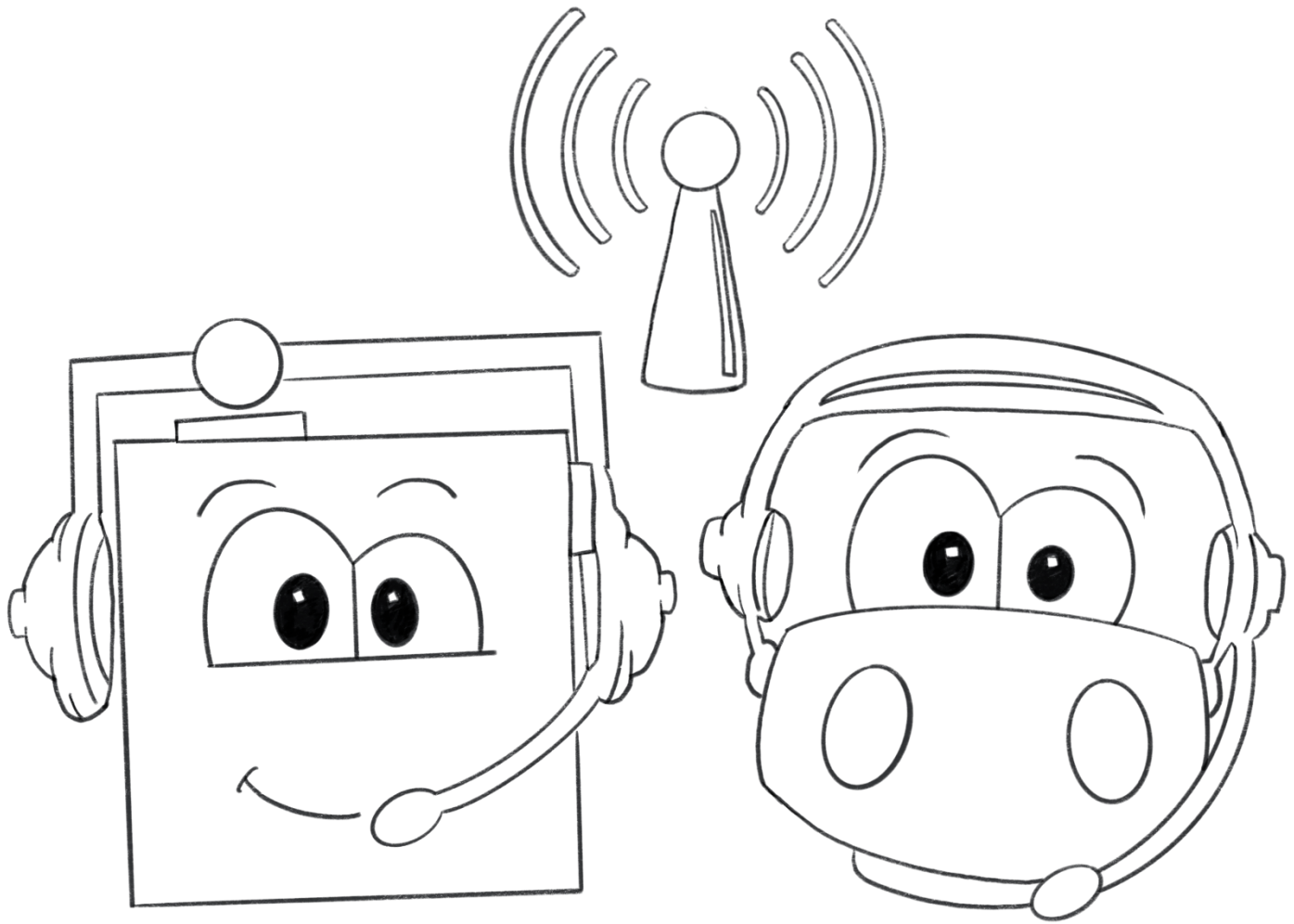
Coloring and Activity Book



**A fun and interactive program to teach
kids about emotions**



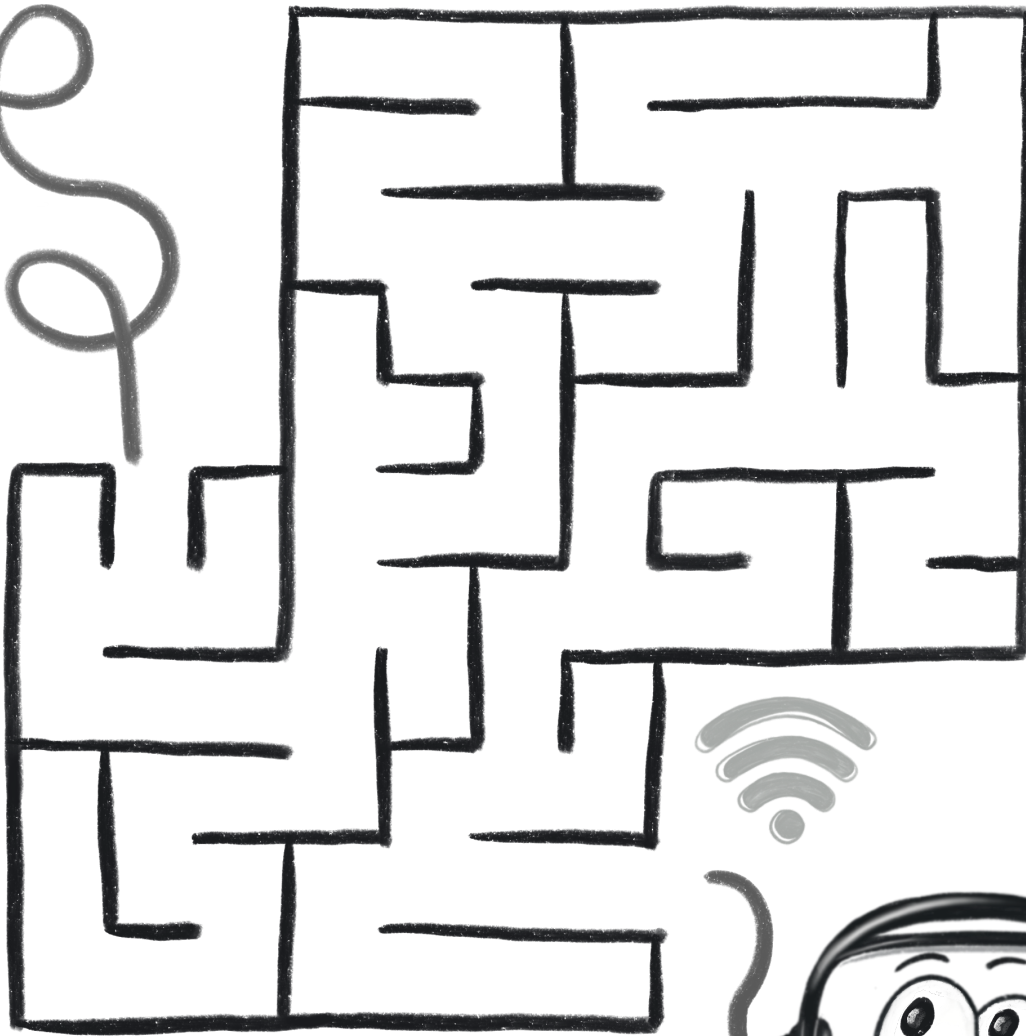
Everyone has an emotional part of their brain and a logical part of their brain.

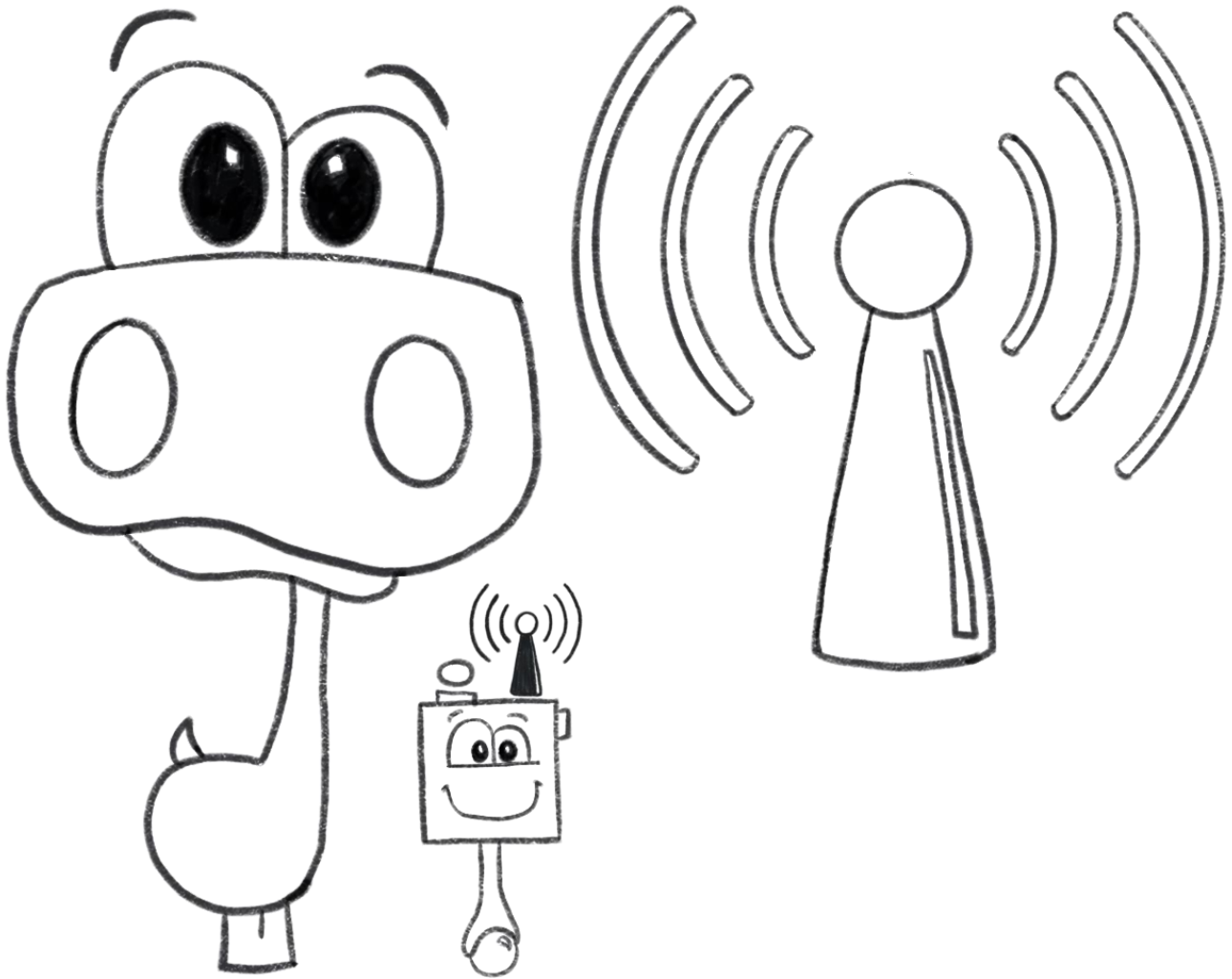


It's important to learn how to keep our logical and emotional brains connected so they can work together!

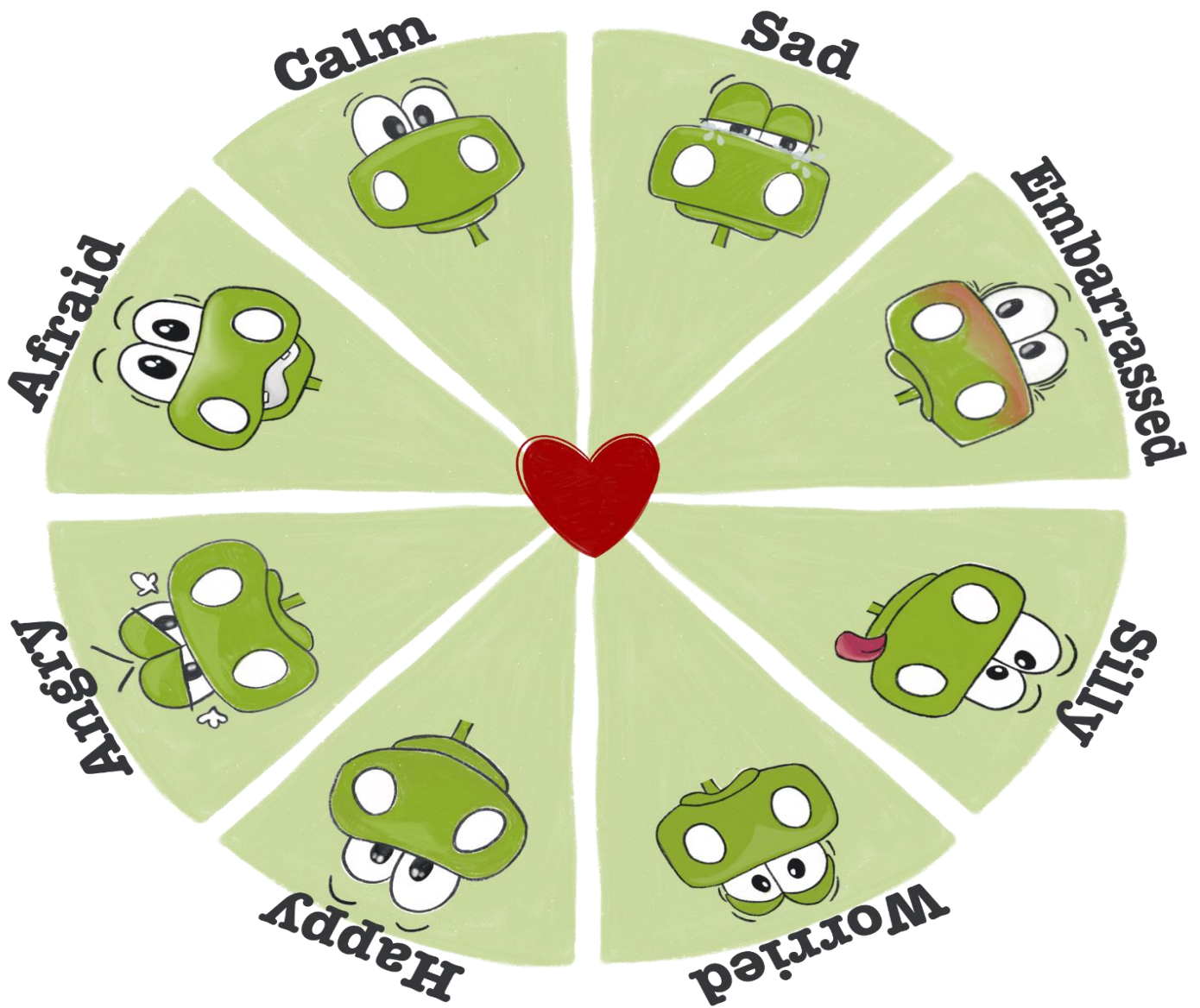


Oh No!
Data & Dash got
disconnected. Can you help
them get connected again?





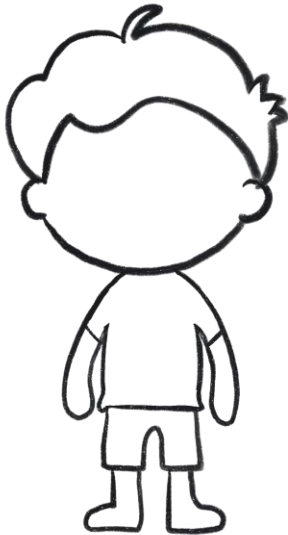
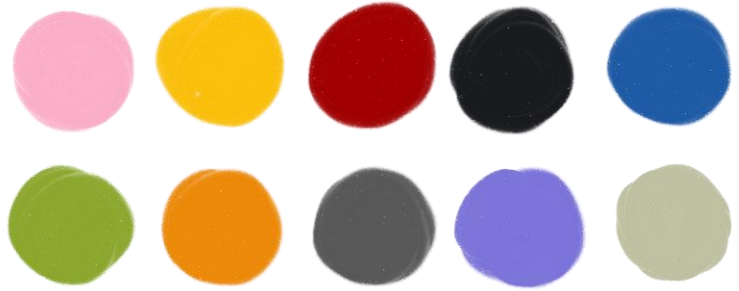
Sometimes the emotional part of our brain can get too big. We can learn how to help get the emotional part and the logical part back to the same size.



Toss a coin (or anything small like a rock, dice, etc.) on to the page and see what emotion it lands on. Describe a time you felt that emotion. If you can't think of a time, make a story up of when someone else might feel this way.

Fill this out when your feelings get too big

What color is your feeling?



Where do you feel this feeling in your body?

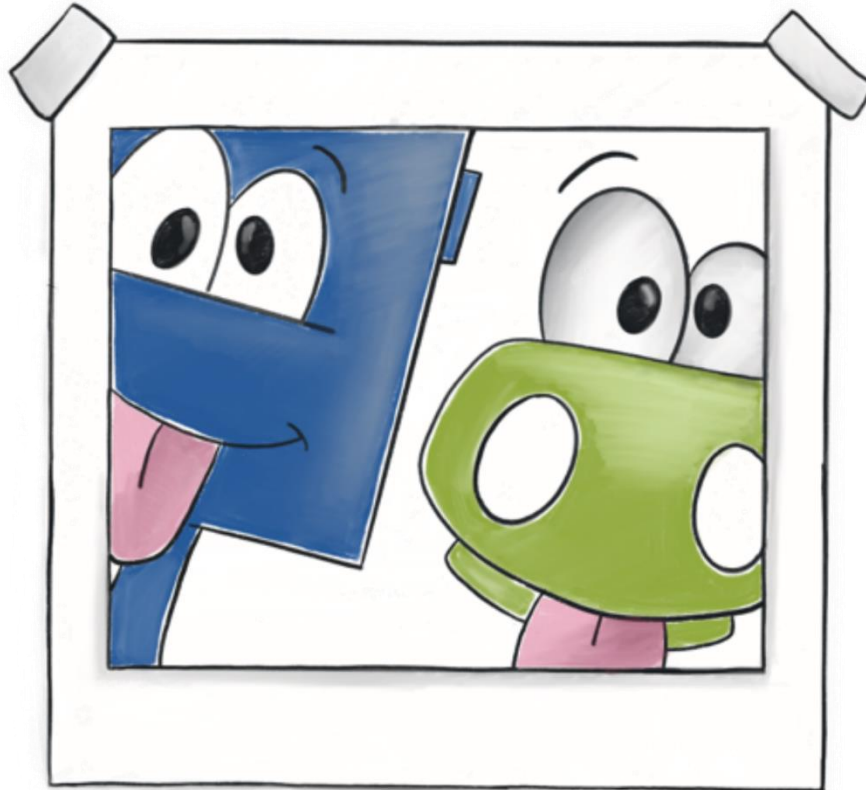


If you could touch the feeling, which doodle would it be?



How big or small is your feeling?

Learn more about emotions from Data & Dash



Visit
<https://emo-ed.teachable.com>

