

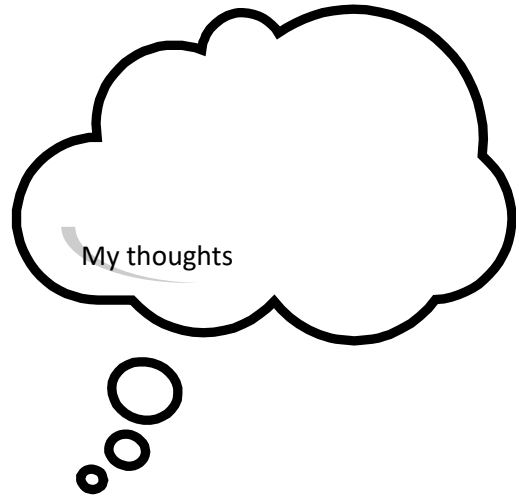
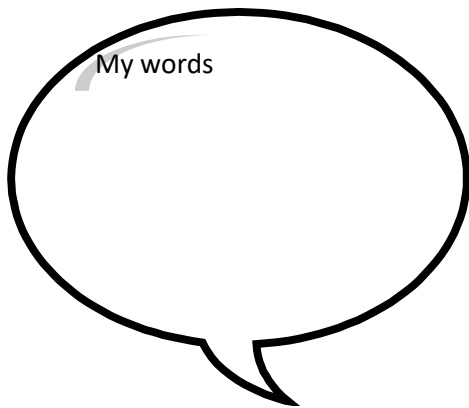
# WORK SHEET – Exercise 5B

## When I'm happy...



When you are content and focused like Clarisse, draw the expression on your face and fill in the outline of the body with all the indicators of what would be happening in your body. Color the parts of your body that are experiencing your emotion.

What would you say? What would you think? Think of short sentences with the following words:



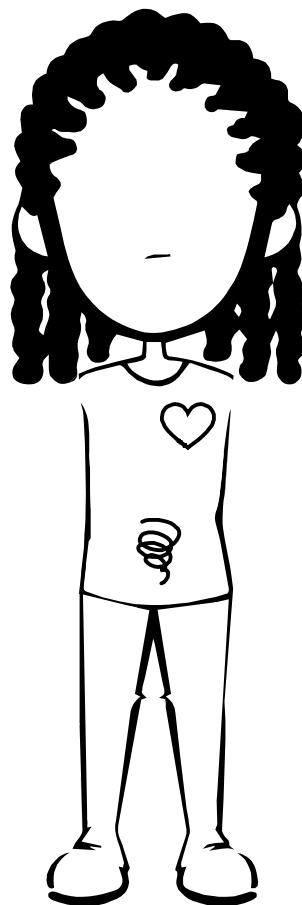
My face

My eyes

My mouth

My arms

My legs



My breathing

My voice

My heart

My stomach

My entire body

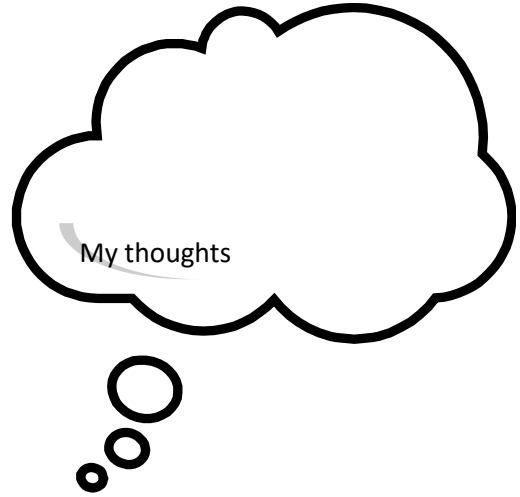
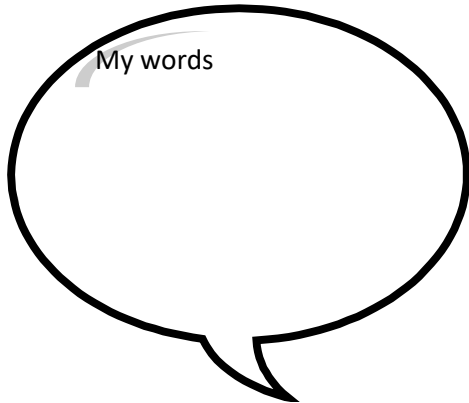
# WORK SHEET – Exercise 5B

## When I'm happy...



When you are content and focused like Robin, draw the expression on your face and fill in the outline of the body with all the indicators of what would be happening in your body. Color the parts of your body that are experiencing your emotion.

What would you say? What would you think? Think of short sentences with the following words:



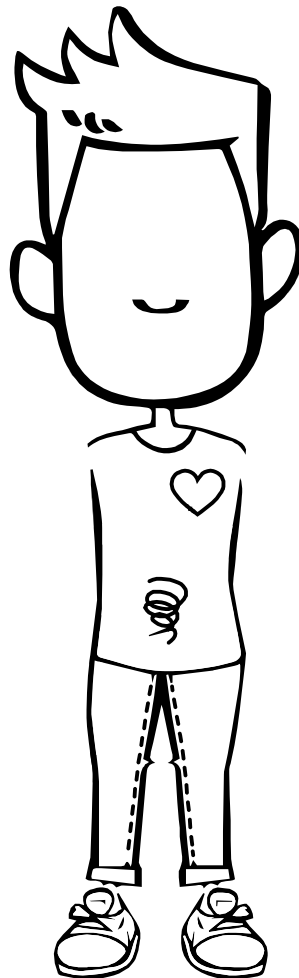
My face

My eyes

My mouth

My arms

My legs



My breathing

My voice

My heart

My stomach

My entire body