

FIND ALL THE FEELINGS

Find and circle the emotion words inside the grid. Words can run from left to right, up and down, or diagonally.

S M C P D I S A P P O I N T E D P L
 K A K O M O F J S R E L A X E D Q O
 J N S T N R R R M Z J A X W C B G K
 P X L H L F D C U O X Y K H O X E G
 E I Q A O S I P H S T P F G N E S V
 W O A N N U N D T A T I Y V T X K Y
 K U H K E M S P E X P R V O E C Y M
 I S L F L Z S A H N R P A A N I H W
 D M D U Y T N K D S T D Y T T T S K
 Y E E L Z L O V E D O R M X E E T K
 E M B A R R A S S E D C C K S D D X
 Y C C O P T H L C U R I O U S Z R K



Happy



Loved



Content



Sad



Lonely



Embarrassed



Confident



Thankful



Curious



Disappointed



Anxious



Frustrated



Excited



Relaxed



Motivated

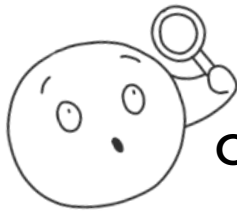
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C	U	R	I	O	U	S	R	N	S	Y	A
A	R	S	L	Y	A	Y	R	Y	Q	T	N
F	P	T	O	O	D	M	H	A	B	D	G
R	R	G	V	V	G	R	U	M	P	Y	R
A	O	H	E	B	G	S	A	D	N	Y	Y
I	U	A	D	E	H	A	P	P	Y	U	V
D	D	P	C	A	L	M	Z	M	M	K	K
B	V	Q	I	C	U	I	W	A	Q	M	P



Happy



Curious



Angry



Sad



Grumpy



Proud



Calm



Loved



Afraid

ANSWER KEY

. . C . D I S A P P O I N T E D . .
. A . O . . F . . R E L A X E D . .
. N . T N . . R M C . . .
. X . H L F . . U O O . . .
. I . A O . I . H S T . . . N E . .
. O . N N . . D . A T I . . T X . .
. U . K E . S . E . P R V . E C . .
. S . F L . . A . N . P A A N I . .
. . . U Y . . . D . T . Y T T T . .
. . . L . L O V E D E E . .
E M B A R R A S S E D D D . .
. C U R I O U S . . .

C U R I O U S A
A . . L N
F P . O G
R R . V . G R U M P Y R
A O . E . . S A D . . Y
I U . D . H A P P Y . .
D D . C A L M
.



EPISODE 43 GUIDE

IN THIS EPISODE, CHILDREN WILL

- discover how to **manage their anger** and frustration
- learn how to **cope** with big and uncomfortable feelings
- see their **emotions** as emergency sirens looking out for them

DISCUSSION QUESTIONS

- What does it mean to be *hangry*? Have you ever experienced it?
- Leo and Zara described big emotions as emergency sirens. What “emergency sirens” have you experienced recently?
- What’s one thing you can do the next time you feel angry?

TRY THESE ACTIVITIES

- Use the “What I Feel Now” Poster (found in our **Resilience Kit**) to help your child identify what they are feeling and then discuss different ways to cope with it.
- Try the “Loving Kindness Meditation (as described in our article “**7 Activities to Help Your Child Develop a Positive Attitude**”). This mindfulness exercise has been shown to increase positive emotions and social connectedness.
- Listen to Big Life Kids Podcast **Episode 21: The Rock ‘n’ Roll Guide to Mindfulness**. In this episode, Leo and Zara will help your child learn that they can train their brain to enjoy each moment as it comes.

The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to episode 43 on Apple Podcasts and leave a review. All kits can be found on biglifejournal.com.

Big Life Journal

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"We love the Growth Mindset Conversation Cards. We use them at dinner time. The pictures on the cards create conversation as well. The wording of the questions is perfect to spark stories and laughter."

- Cindy O.

★★★★★

Get Conversation Cards



"Growth Mindset kit has helped and continuously help my kids improve their overall outlook in everything they do. It is a learning process to both my kids and me as well. Great creations! Continue to help and guide us. Looking forward to more creations!"

- Mary M.

★★★★★

Get Growth Mindset Kit

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