

# HOW DO YOU FEEL?

## COLORING & ACTIVITY BOOK

GRADES 1-3



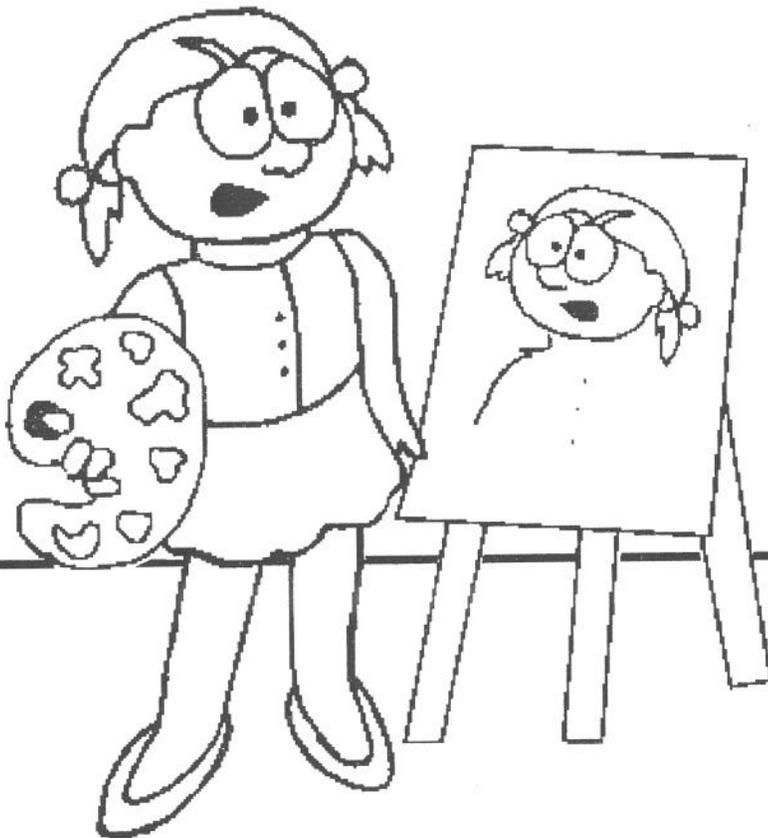
### ***To caring parents & adults:***

Mental health is how we think, feel, and act when facing life's situations. Like physical health, mental health is important at every stage of life.

Children experience a wide range of feelings every day—most pleasant, some, or a few, worrisome. The Caring for Every Child's Mental Health Campaign, a part of the Comprehensive Community Mental Health Services for Children and Their Families Program, created this coloring and activity book to help young children better understand, or recognize feelings. The book also encourages children to share their feelings with caring adults.

Please use this book as a fun and comfortable way to introduce the topic of feelings and mental health to young children in your care.

Sharon likes to draw. Hector is good at spelling.  
They like different things. They are both special.  
Here are some things that are special about me.



My name is \_\_\_\_\_.

I have \_\_\_\_\_ hair.

I have \_\_\_\_\_ eyes.

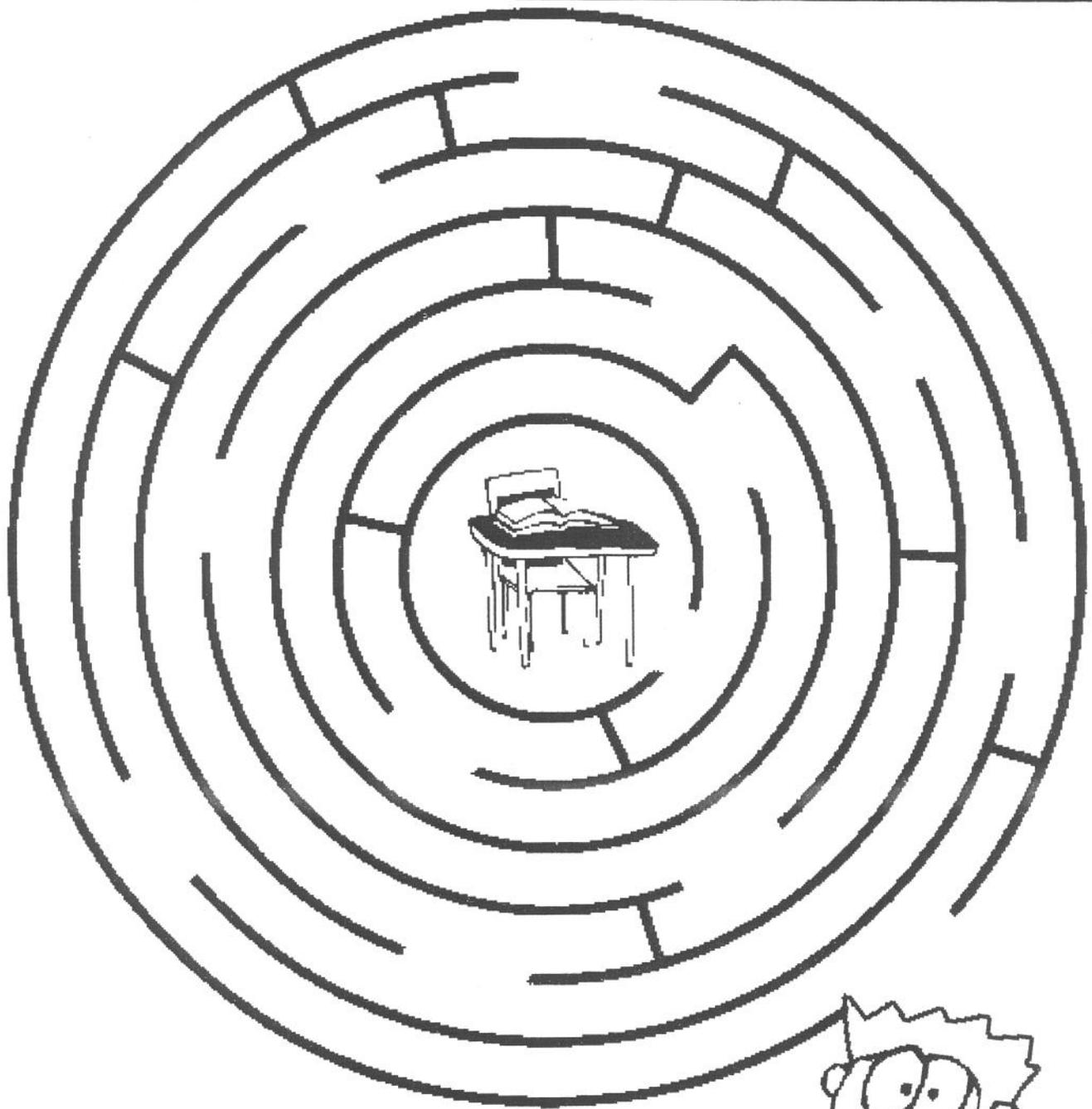
I am \_\_\_\_\_ years old.

I am in the \_\_\_\_\_ grade.

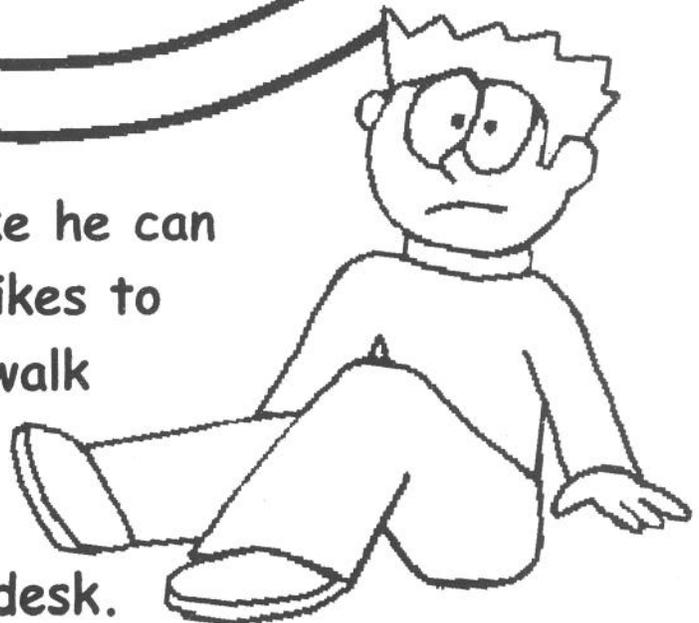
I am really good at \_\_\_\_\_.

Draw a picture of yourself.





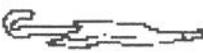
Sometimes Spike feels like he can not sit still in class. He likes to get out of his chair and walk around the room. Be a friend and help Spike find his way back to his desk.



Surprise! Casey feels happy because he has a new pet. Connect the dots to see Casey's new buddy.



Maya is worried.  
She has lost her  
things for school.  
Help her feel  
better by finding  
the missing items.

	Lunch		Jacket
	Pencil		Ruler
	Book		Umbrella



Our faces can show how we feel.  
Draw each face to match the feeling.



Write in the feeling to match the face.



Some days Sharon is happy. Some days she likes to be quiet and read a book. Some days she likes to run and laugh. How many feelings can you find hidden here?



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

### WORD LIST

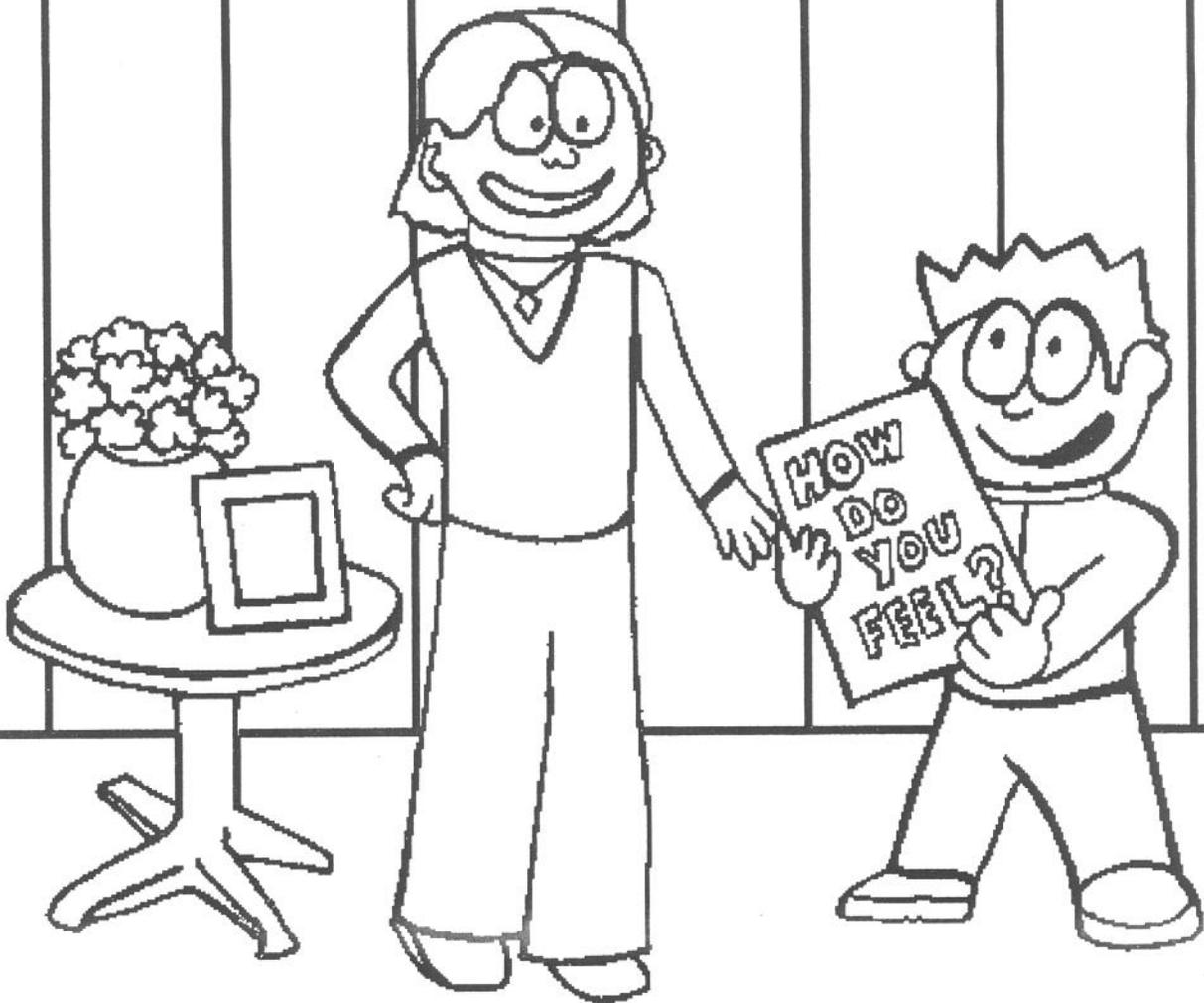
Happy  
Silly  
Worried

Sleepy  
Glad  
Funny  
Sad

Safe  
Mad  
Sick  
Scared

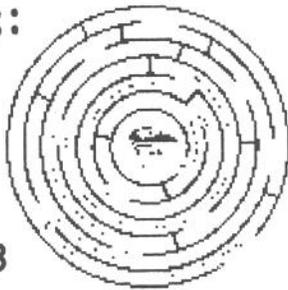
Smart  
Friendly  
Quiet





Be like Spike. Share your coloring & activity book and your feelings with a grown-up!

Answers:



Pg.3

Pg.4 It's a rabbit.

Pg.7

Pg.5 Lunch: next to Mary's leg; Pencil: on side of dresser; Book: on rug; Jacket: at end of bed; Ruler: on bedspread; Umbrella: in curtain.



**SAMHSA**



Systems of Care

**Comprehensive Community Mental Health Services for Children and Their Families Program**  
**Child, Adolescent and Family Branch**  
**Center for Mental Health Services**  
**Substance Abuse and Mental Health Services Administration**  
**U.S. Department of Health and Human Services**

For written information, call 1.800.789.2647 (toll-free) or check out the website at [www.mentalhealth.org/child](http://www.mentalhealth.org/child).

