

FEELINGS ORIGAMI

This activity can help you think about your feelings and things you can do when you have these feelings. You can keep this as a tool for when you are feeling big emotions.

You will need:

- something to color with, like markers, crayons, or colored pencils
- a printout of the blank origami guide

Directions:

1. On the origami guide, color each of the corners one of these colors: blue, green, yellow and red.
2. Write your feelings in the “feelings” section of each color zone.

Each color zone can represent a variety of feelings. Here are some examples:

- **Blue zone:** sad, tired, bored, low, sick, lonely, disappointed
- **Green zone:** happy, calm, content, focused, relaxed
- **Yellow zone:** silly, excited, worried, nervous, anxious, frustrated, scared
- **Red zone:** angry, terrified, elated, furious, frightened

3. Write things that help you when you have big feelings in the “tools” section for each zone. You might have the same activity in more than one zone!

Here are some examples:

- Take a walk.
- Drink some water.
- Move your body.
- Ask for a hug.
- Talk to a friend.
- Read a book.
- Color or draw.
- Think of something you are thankful for.
- Take deep breaths.
- Write down your worries.
- Squeeze playdough or putty.
- Ask for a break.
- Listen to a calming song.

4. Cut out the big square.
5. Here is an example of a finished Feelings Origami before folding.

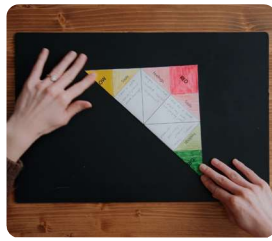


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6. Fold the paper following the pictures below.



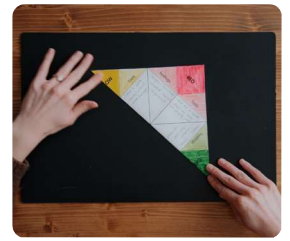
1. Cut and Flip Over



2. Fold



3. Unfold



4. Fold



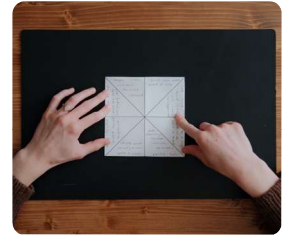
5. Unfold



6. Fold corners toward center



7. Flip Over



8. Fold corners toward center



9. Flip Over



10. Fold in Half



11. Unfold



12. Fold in half and put fingers into flaps



13. Squeeze fingers together to open up



14. Have fun!



Scan this QR code or visit cmkc.link/feelings-origami to see a video tutorial for this activity.



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