

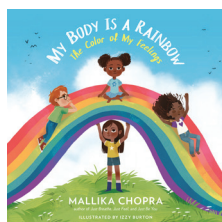
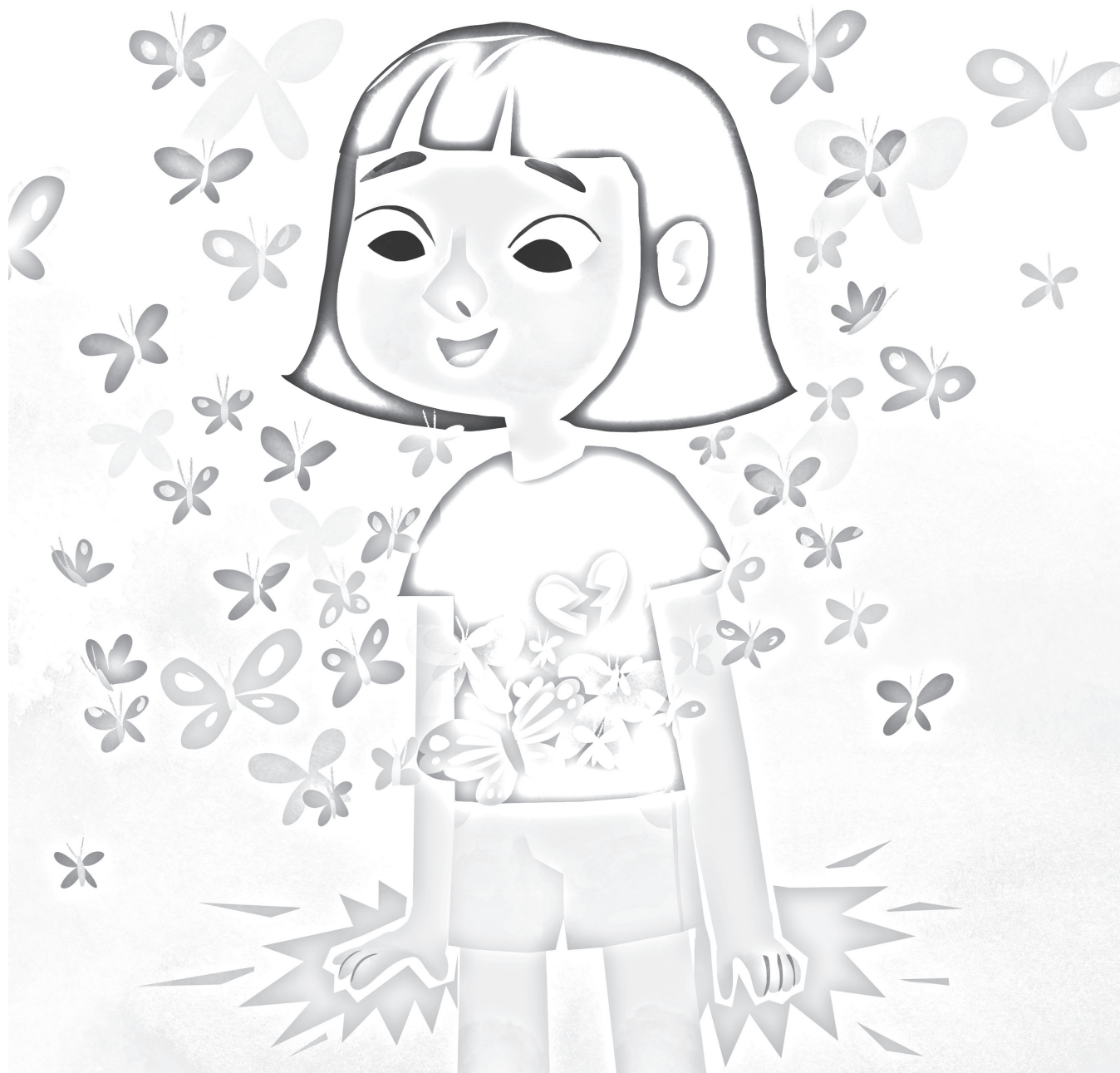
MY BODY IS A RAINBOW

The Color of My Feelings



**DOWNLOADABLE
ACTIVITY PACK**
FOR TEACHERS, PARENTS,
AND KIDS

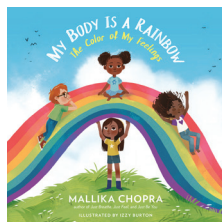
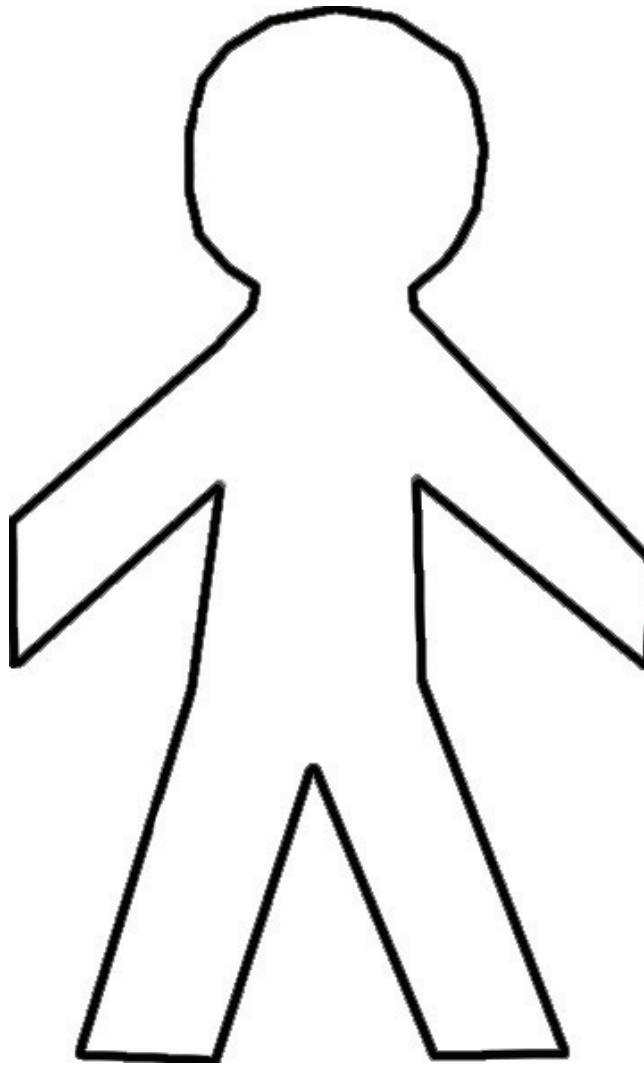
COLORING PAGE



Exercise from
MY BODY IS A RAINBOW
by Mallika Chopra
Illustrated by Izzy Burton

COLORING PAGE

You feel your feelings in different parts of your body. What colors do you imagine your feelings? Sad? Happy? Excited?
Fill in the different parts of the body below with the colors of your feelings.

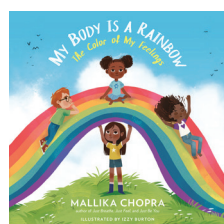


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DRAWING PAGE

Your mind can be a busy place! Draw a picture of what your mind feels like right now.

Breathe in for 4 seconds, and out for 4 seconds. Again—breathe in 1-2-3-4, and out 5-6-7-8. Now, draw a picture of what your mind feels like after you have taken slow, deep breaths.



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WORD SEARCH

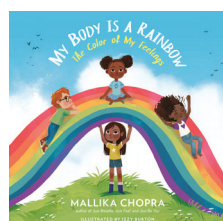
You are strong, unique, wise, creative, safe, and loved.
Can you find all these words in the puzzle below?

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

Find the following words in the puzzle.
Words are hidden → and ↓ .

CREATIVE
LOVED
SAFE

STRONG
UNIQUE
WISE



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