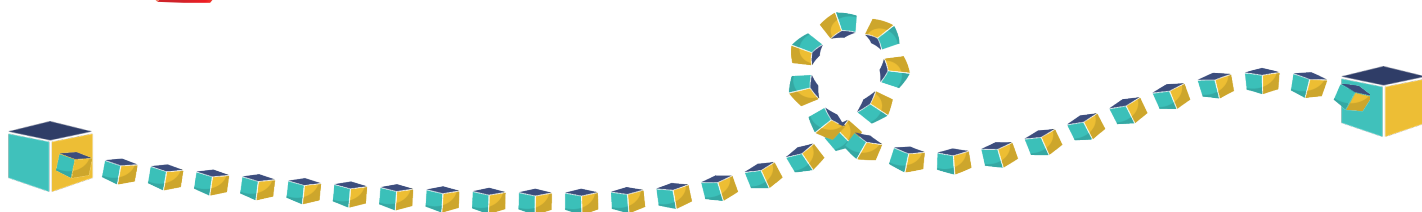




How to make your very own FEELING CUBE



- 1 Find an empty Kleenex box.
- 2 Put something in the box that makes a fun sound (buttons or bells).
- 3 Wrap your feeling cube in paper and tape as close to the edge as you can so you have a lot of room to draw your feeling faces.
- 4 Draw feeling faces. See the back of this sheet for more ideas.
(You could also copy the outline on the back as a guide to make the perfect size for a square Kleenex box.)
- 5 Write the name of the feeling under the face *(so you don't forget)*.



Ideas for playing with your FEELING CUBE



Sit in a circle and take turns shaking and rolling the feeling cube.



The person who rolls the cube makes the face of the feeling that is on the top of the cube. Everyone else has to copy, as closely as they can, the face of the person who rolled the cube.



After everyone has had a turn, go around again, but this time, when the face comes up, the person rolling the cube tells about a time they felt that feeling.



After everyone has had a second turn, roll the feeling cube again. When the face comes up, the person rolling the cube says what they would say to a friend if their friend showed that feeling on their face. *(For example: What would you say to your friend if they looked sad or upset or excited?)*



One person rolls the feeling cube and everyone makes a face that looks like that feeling for them. *(For example: what does sad look like? Everyone make a sad face.)*



Angry



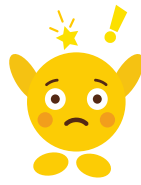
Zany



Yuckie



X



Worried



Vengeful



Upset



Bashful

Use this as a guide to make the 6 different feeling faces so they will fit on the box. 4 different feeling faces for the sides, 1 feeling face for the top and 1 for the bottom.



Tired



Confident



Satisfied



Depressed



Rejected



Enthusiastic



Quiet



Frightened



Perplexed



Grateful

Write the name of the feeling in big letters on the line below the face. You don't need to make an emoji face. Make any kind of face you want. *(Here's an idea: You can copy this page 6 times, draw your faces, then cut on the dotted line and glue or tape the faces to the box.)*



Optimistic



Hopeful



Indecisive



Jealous



Kind



Loving



Miserable



Nervous