Children learn to identify a variety of emotions through 12 fun illustrations each focusing on a distinct feeling.

Also, journey into the world of emotions with KidVision's FEELINGS series on YouTube!

Made possible by:
Friends of South Florida PBS
Color Me HAPPY

What color is Happy?

Choose a color:

What do you like to do when you are feeling Happy?

Choose one:

☐ I do a happy dance  ☐ I snuggle a stuffed animal
Color Me ANGRY

What color is Angry?

Choose a color:

- Red
- Blue
- Green
- Yellow
- Purple

How do you calm down when you're feeling angry?

Choose one:

- I take deep breaths
- I scream real loud
Color Me Proud

What color is Proud?

Choose a color:

What do you like to do when you are feeling Proud?

Choose one:

- I pat myself on the back
- I get really shy and hide
Color Me CALM

What color is Calm?

Choose a color:

How do we encourage being calm?

Choose one:

☐ I run around the playground
☐ I take deep breaths
Color Me SAD

What color is Sad?

Choose a color:

- Red
- Blue
- Green
- Yellow
- Purple

If I'm Sad, how can I feel better?

Choose one:

- I scream real loud
- I hug a stuffed animal or someone I love
Color Me SHY

What color is Shy?
CHOSE A COLOR:

Red  Blue  Green  Yellow  Purple

How can I help a friend not feel shy?
CHOSE ONE:

☐ We hide behind an adult
☐ I smile and ask them to play
Color Me SURPRISED

What color is Surprised?

CHOOSE A COLOR:

What makes you feel Surprised?

CHOOSE ONE:

☑️ WHEN DINNER TIME COMES AROUND  ☐ RECEIVING A PRESENT
Color Me SILLY

What color is Silly?

CHOOSE A COLOR:

What do you do when you feel Silly?

CHOOSE ONE:

I DO A SILLY DANCE   I TAKE A NAP
Color Me SCARED

What color is Scared?

Choose a color:

What do you do when you're Scared?

Choose one:

- I give someone a big hug
- I do a silly dance
Color Me DISGUSTED

What color is Disgusted?

Choose a color:

What do you do if you feel Disgusted?

Choose one:

☐ I close my eyes and think of something happy
☐ I keep looking at the something yucky
Color Me EMBARRASSED

What color is Embarrassed?

CHOOSE A COLOR:

How can I feel better after I get Embarrassed?

CHOOSE ONE:

☐ I hide behind an adult

☐ I remember everyone makes mistakes and say "it's okay!"
Color Me CONFUSED

What color is Confused?

Choose a color:

What can I do when I feel confused?

Choose one:

☐ Problem solve with an adult
☐ Get really upset
Watch Now!

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