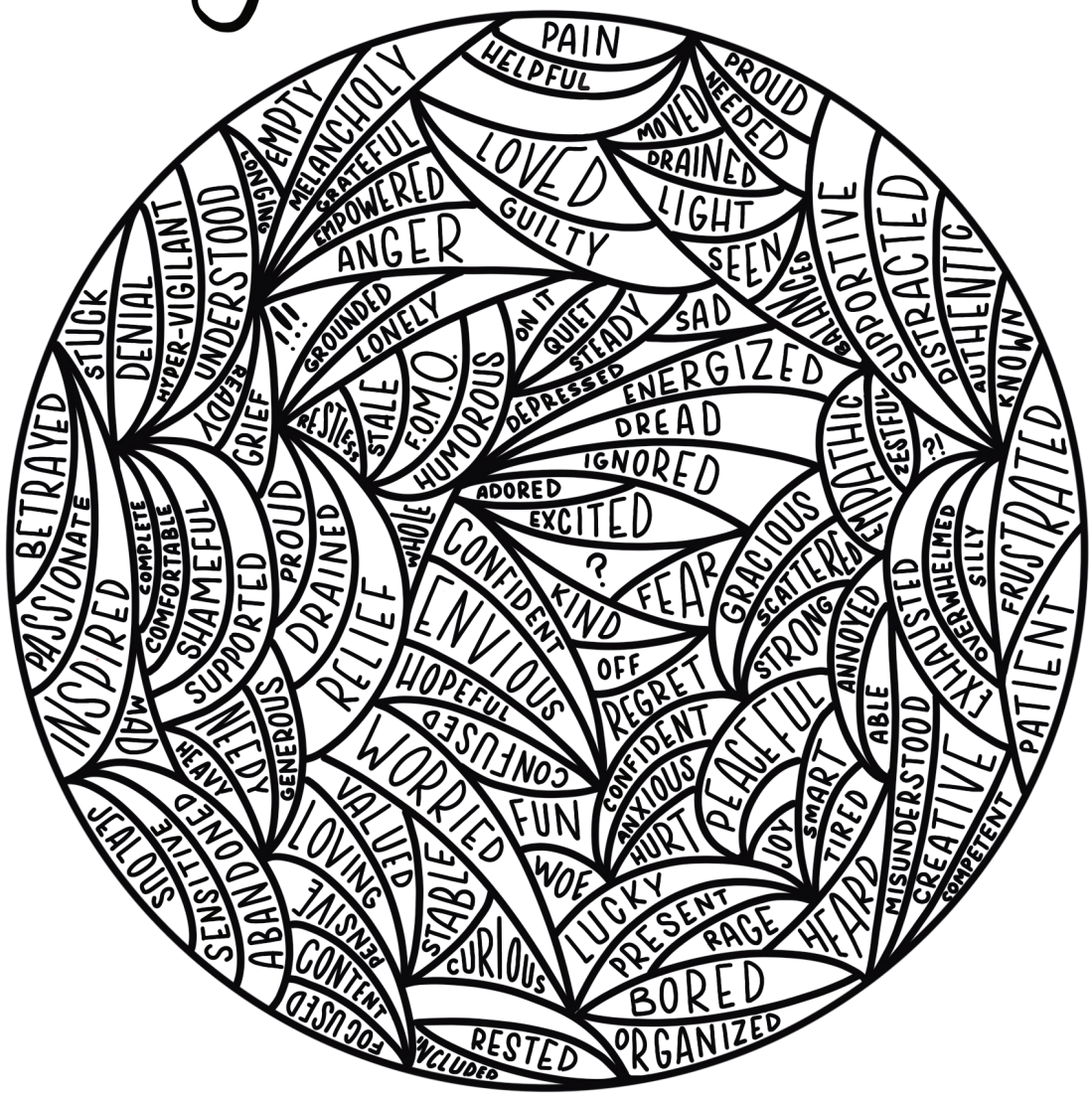
Print or make copies of the Tangled Ball of Emotions for each person in your household and complete the activity together. Alternatively, have everyone in your home choose a color and create a collective art piece representative of how each person is feeling right now.

the tangled ball of emotions



☐ = Emotion I'm feeling right now.
☐ = Emotion I've been feeling recently.
☐ = Familiar emotion, but not recently.
☐ = Emotion I rarely experience.

what do you need?

SOURCES OF STRENGTH