



Nurture Space

FEELINGS EMOTIONS

Activity Sheet

Prepared by :

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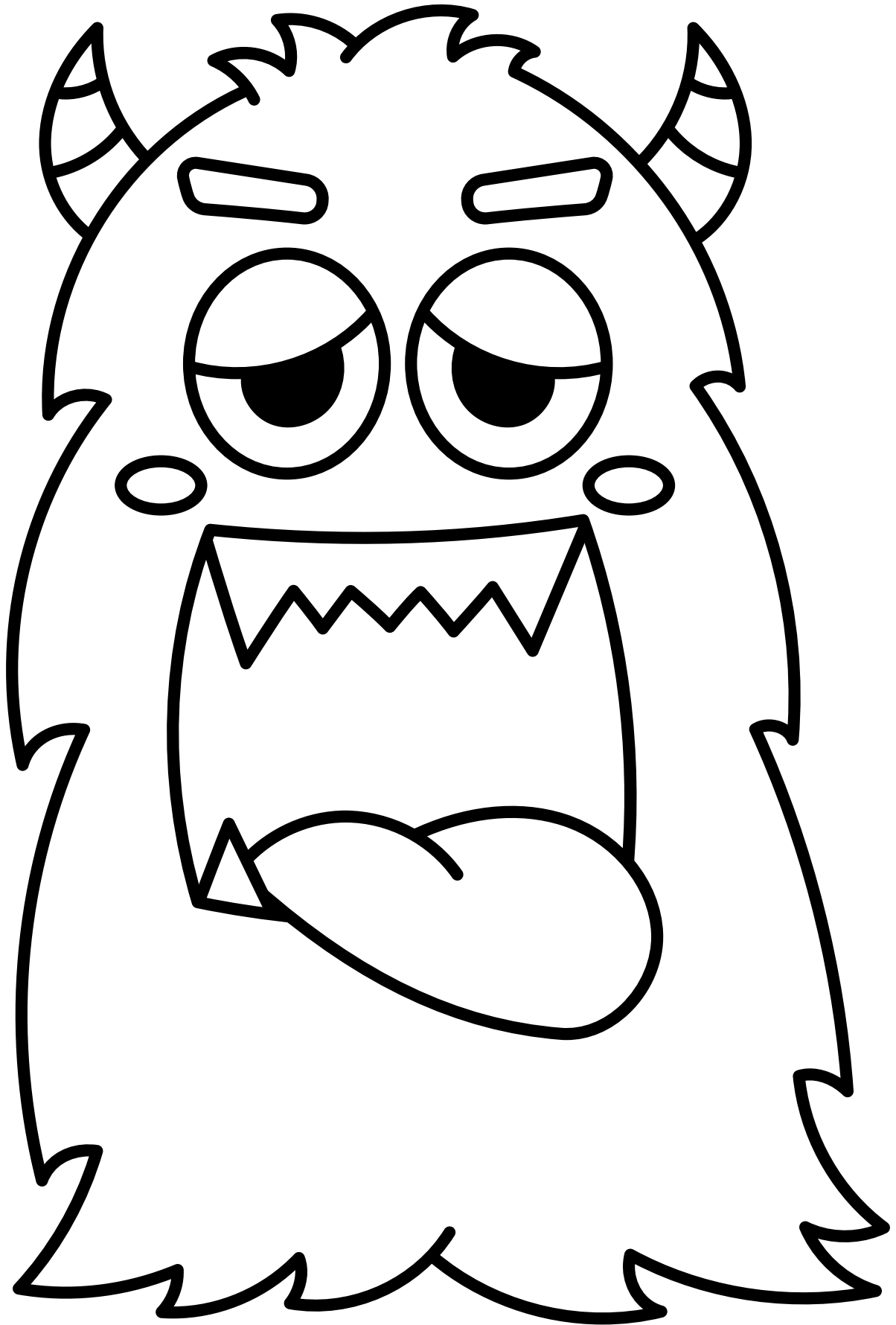


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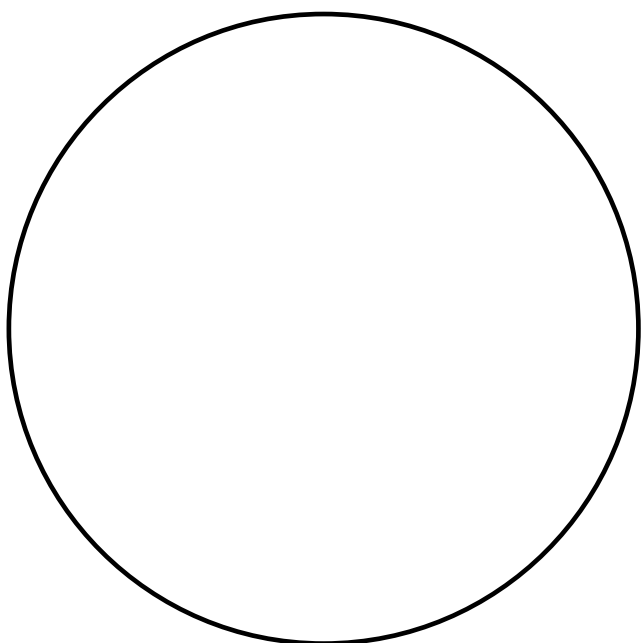
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Activity 1 – Color the Green Eye Monster

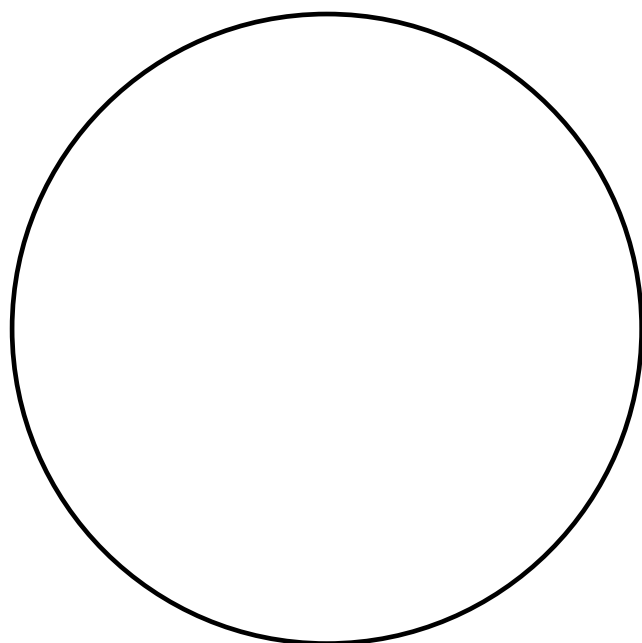


Activity 2 : Draw your own emotion faces in the circles.

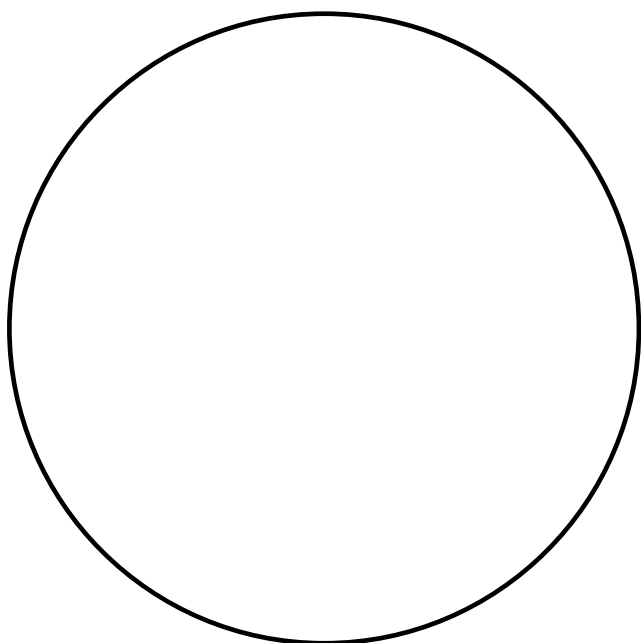
Happy:



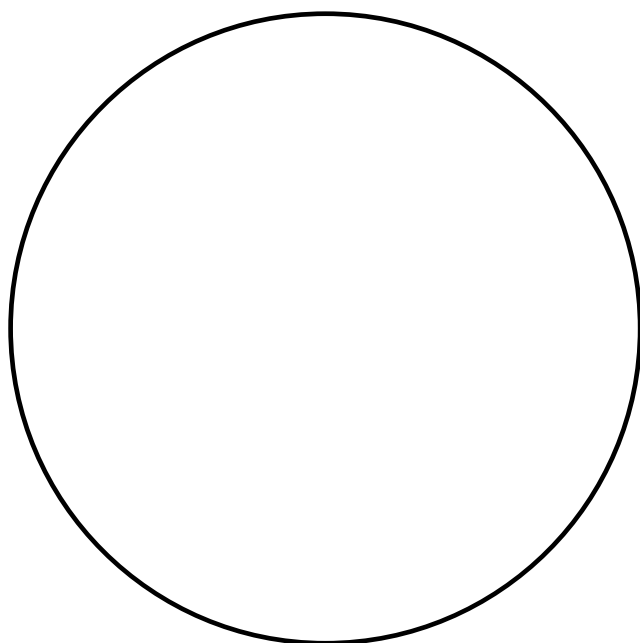
Sad:



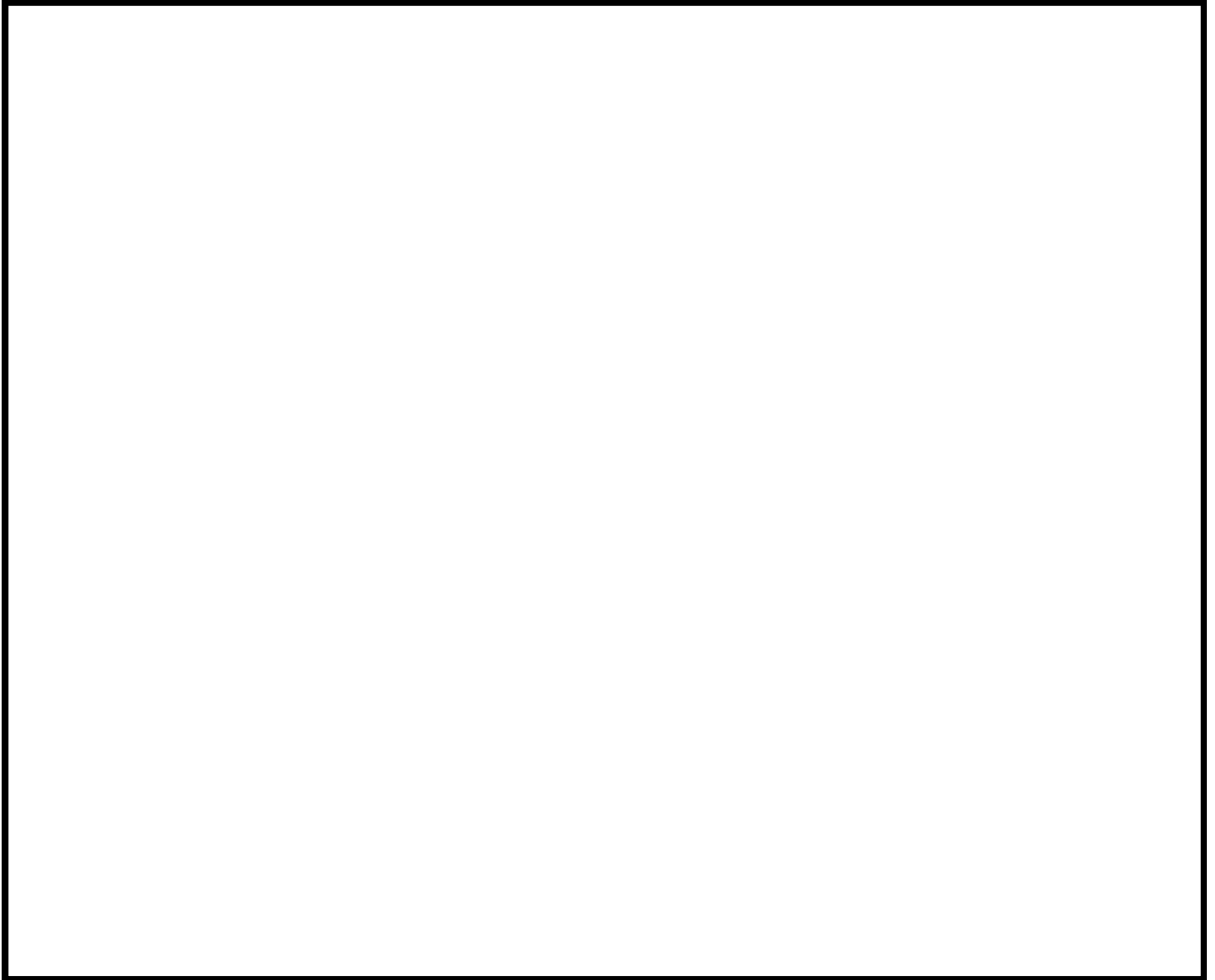
Jealous:



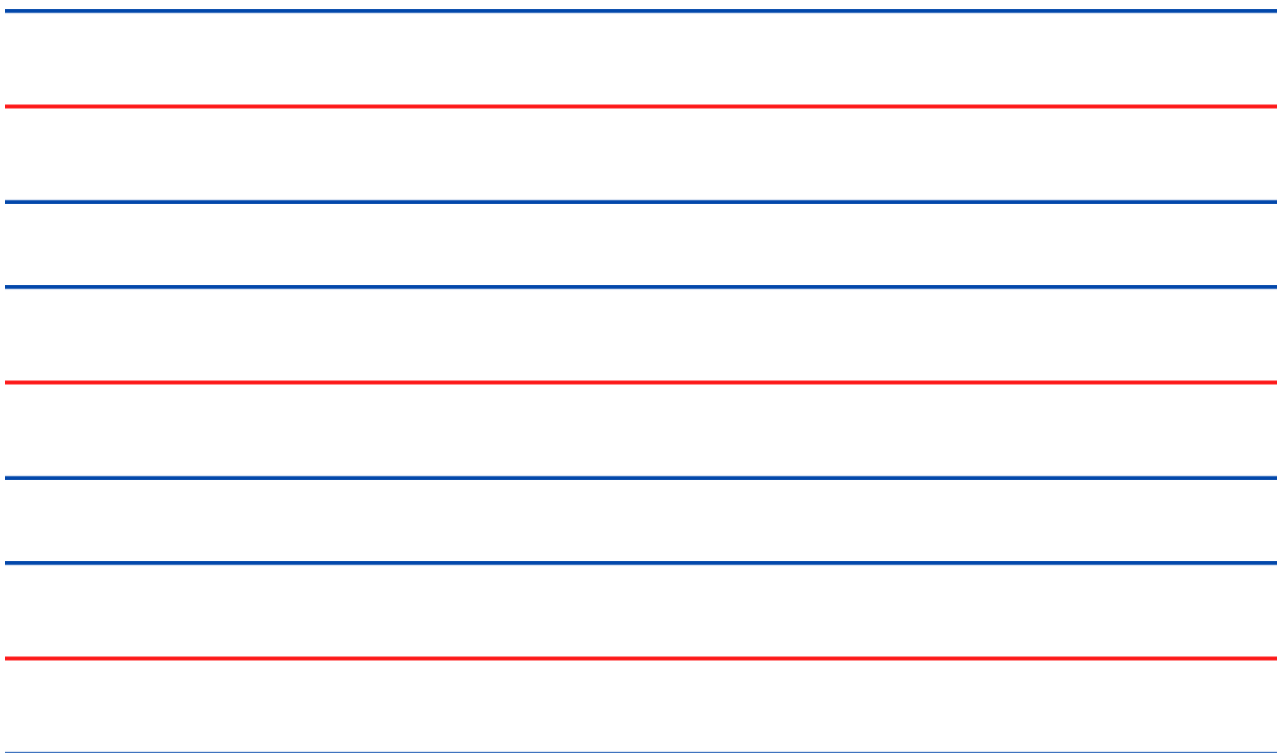
Proud:



Activity 3 : Draw a well. Inside it, write or draw things that make you feel lonely or scared.



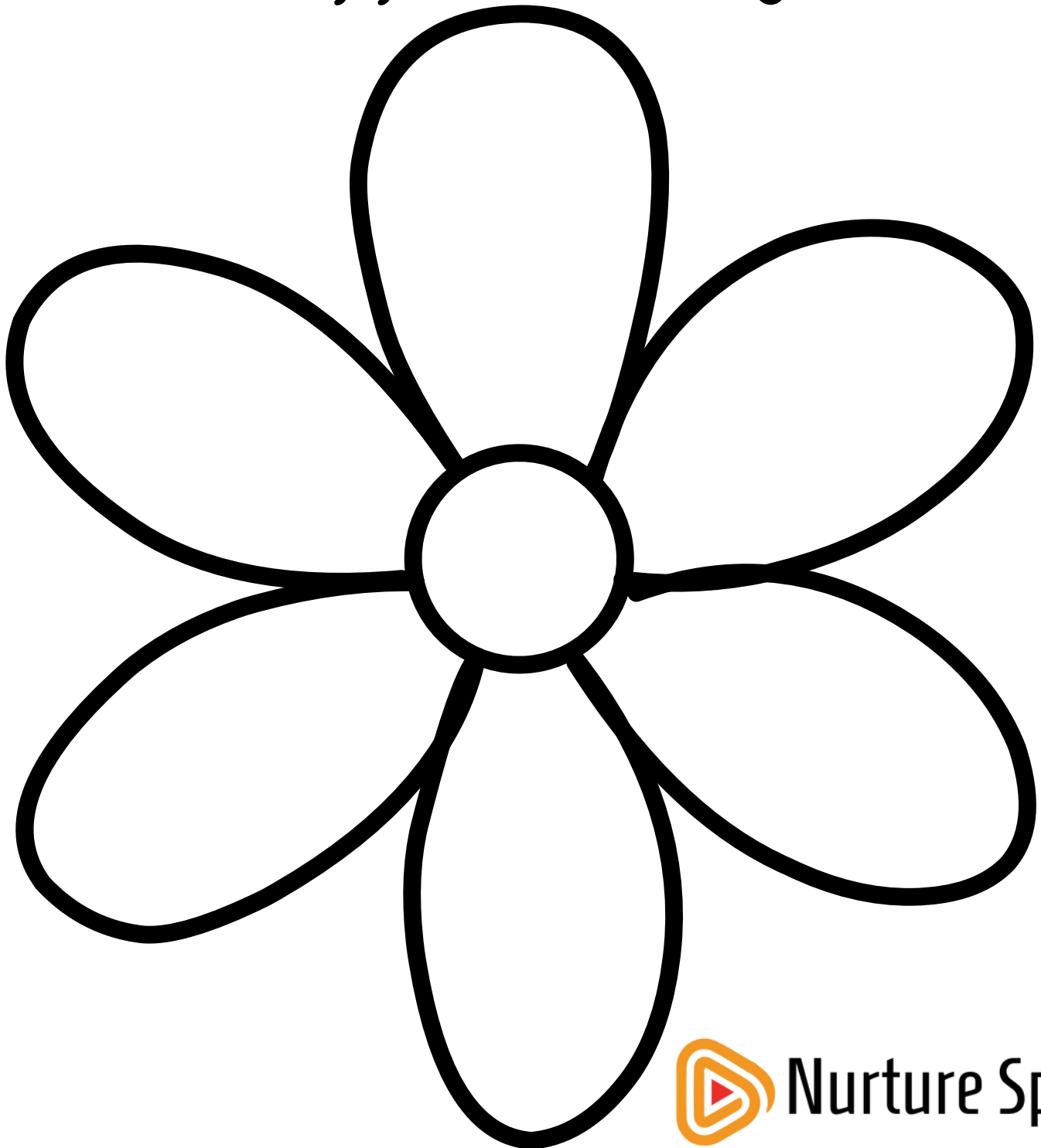
Activity 4 : Draw a rope of hope – write what helps you feel better and trust Allah when you're sad.



Activity 5 : Write the name of someone you're upset with in the middle of a flower.

On each petal, write:

- One good thing about them
- One kind thing they did
- A dua you can make for them
- Why you want to forgive them



Activity 6 : Write your own emotional dua lapbook. Be creative!

Examples:

- When I feel scared: "HasbiyAllahu la ilaaha illa Huwa..."
- When I feel hurt: "Allahumma ajirni fi musibati..."
- When I feel angry: "A'udhu billahi minash shaytanir rajeem..."

Color this:



Activity 7: Find 10 blessings in your home, 5 in your neighbourhood, and 5 in your own self.

Write them down.

[illegible]

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