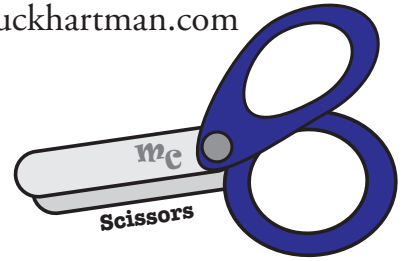


Feelings Card

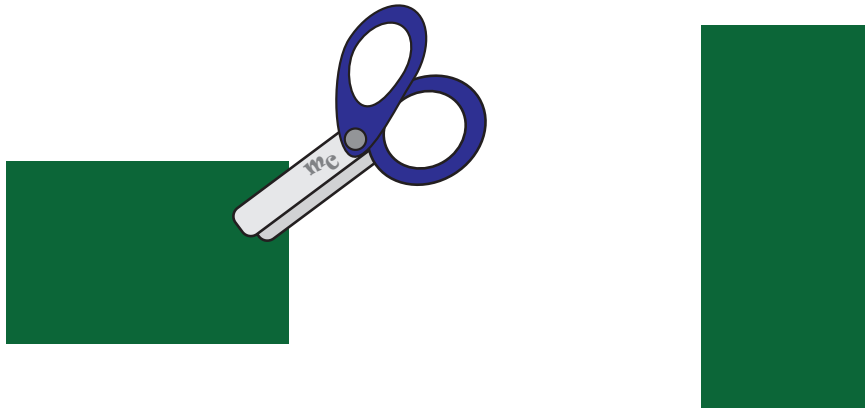
<https://youtu.be/-KVnyxmADao> | <https://www.chuckhartman.com>

You Will Need...



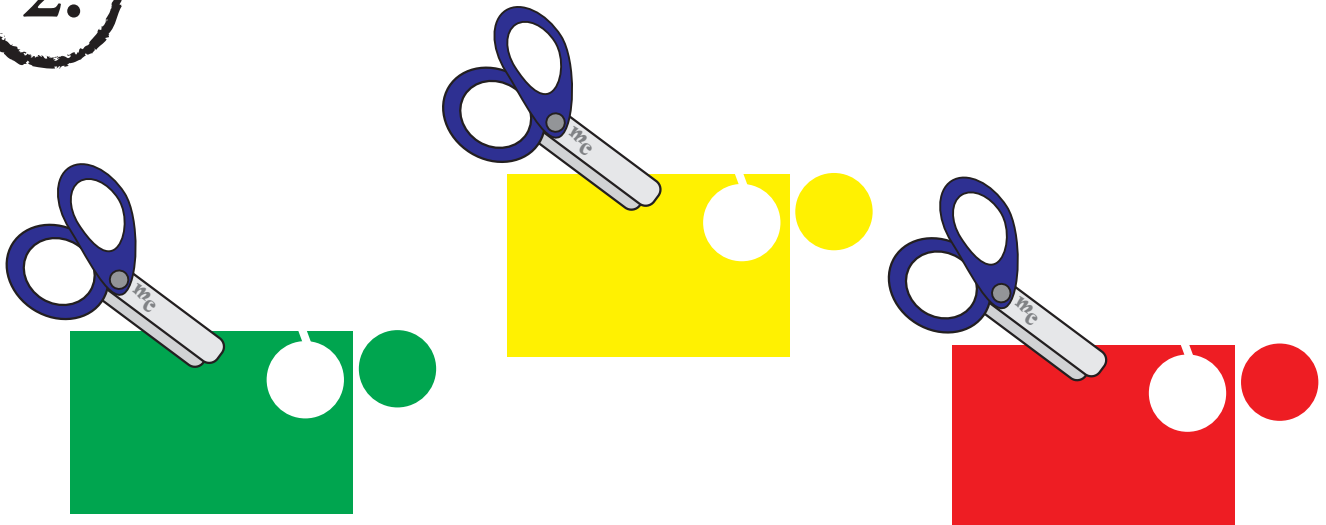
1.

Start by cutting the poster board, with scissors, into the shape of a traffic light. **REMEMBER!** *Any time a child uses scissors, there must be an adult present.* The most basic shape is a rectangle.



2.

Next, with scissors, cut one red, one green, and one yellow circle.

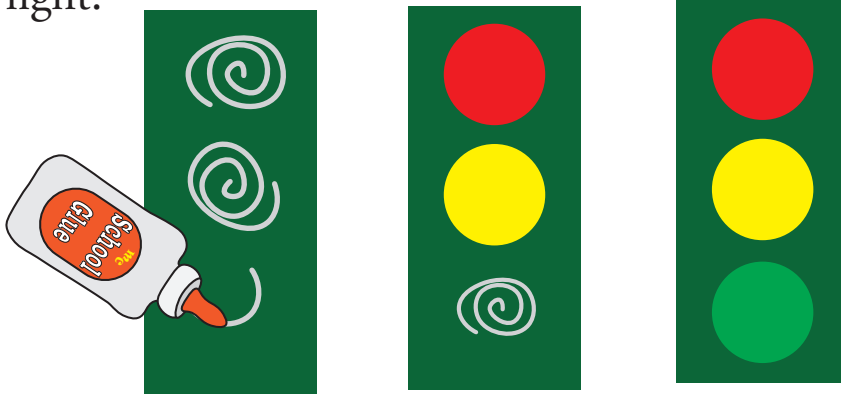


Feelings Card

<https://youtu.be/-KVnyxmADao> | <https://www.chuckhartman.com>

3.

Now, attach the three circles to the poster board with glue or rubber cement. Arrange the circles to look like the lights on a stop light.



4.

Finally, using the small rock to the color you feel best describes your current feelings: **Red**, I need to stop; **yellow**, I need to slow down; **green**, I'm ready to go.

