



The Hero In You Foundation presents

Rocket's FINDING FEELINGS ACTIVITY BOOK

WORRIED

MAD

SAD

HAPPY



In Partnership with



"There's never been a greater need to address a child's mental health. Rocket's Finding Feelings Activity Book can really make a difference in every day social emotional well-being!"

Lt. Rudy Perez,
President, NASRO

Hi I'm Rocket. Today we are going to talk about finding and managing your feelings!

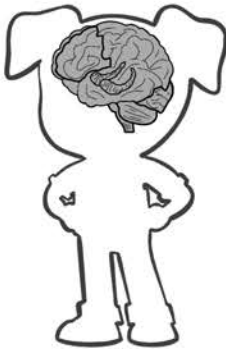


Complete all the activities in this book and you can be on my Team!

YOUR FEELINGS and YOUR BRAIN

Your brain does many things. It thinks and it controls your feelings and your reactions (things you do). Your brain is the control center just like a controller on your video game.

Your brain helps you THINK about your FEELings and what you will DO because of those feelings. Your brain helps you recognize and manage Feelings.



THINK



FEEL



DO

Color the pictures and words.

RECOGNIZING FEELINGS

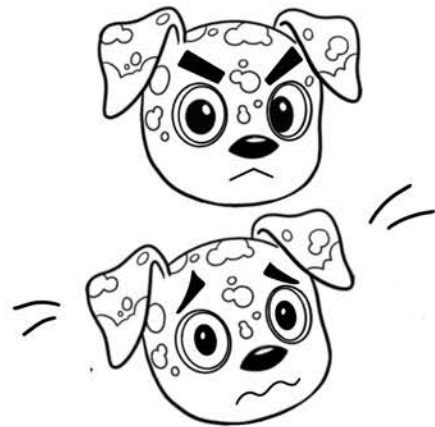
Everyone has feelings. We have feelings every day. It is important to recognize these feelings in ourselves and other people.

MAD

HAPPY

SAD

WORRIED



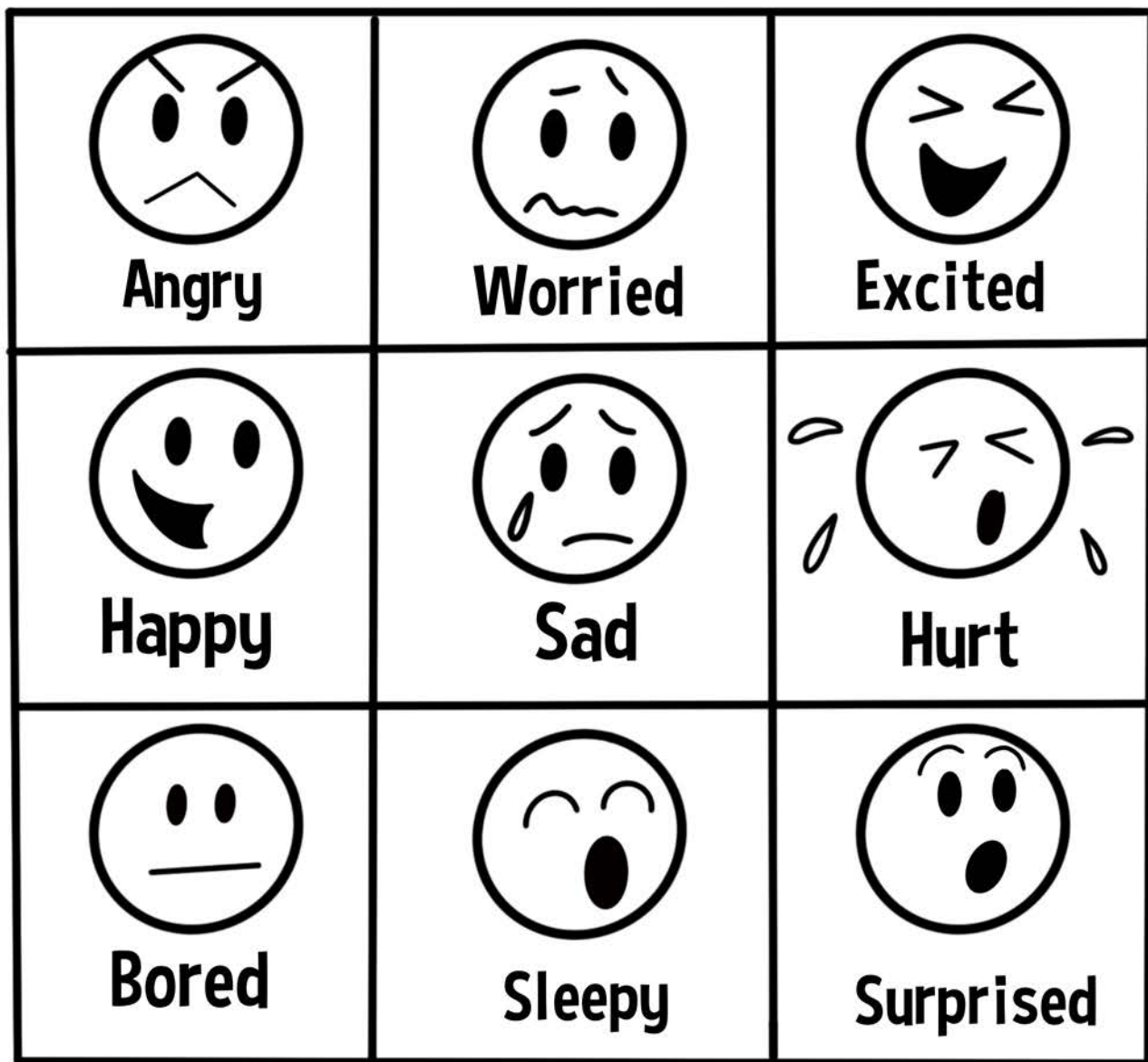
2.



Draw a line from the word to the picture that describes Rocket's feeling.

HOW DO YOU FEEL TODAY?

You can have many different feelings in a day. Your feelings are never wrong, they are reactions to what happens around you. There are helpful ways and harmful ways to respond to your feelings. When you understand your feelings, you will be better able to manage them and be ready to learn.

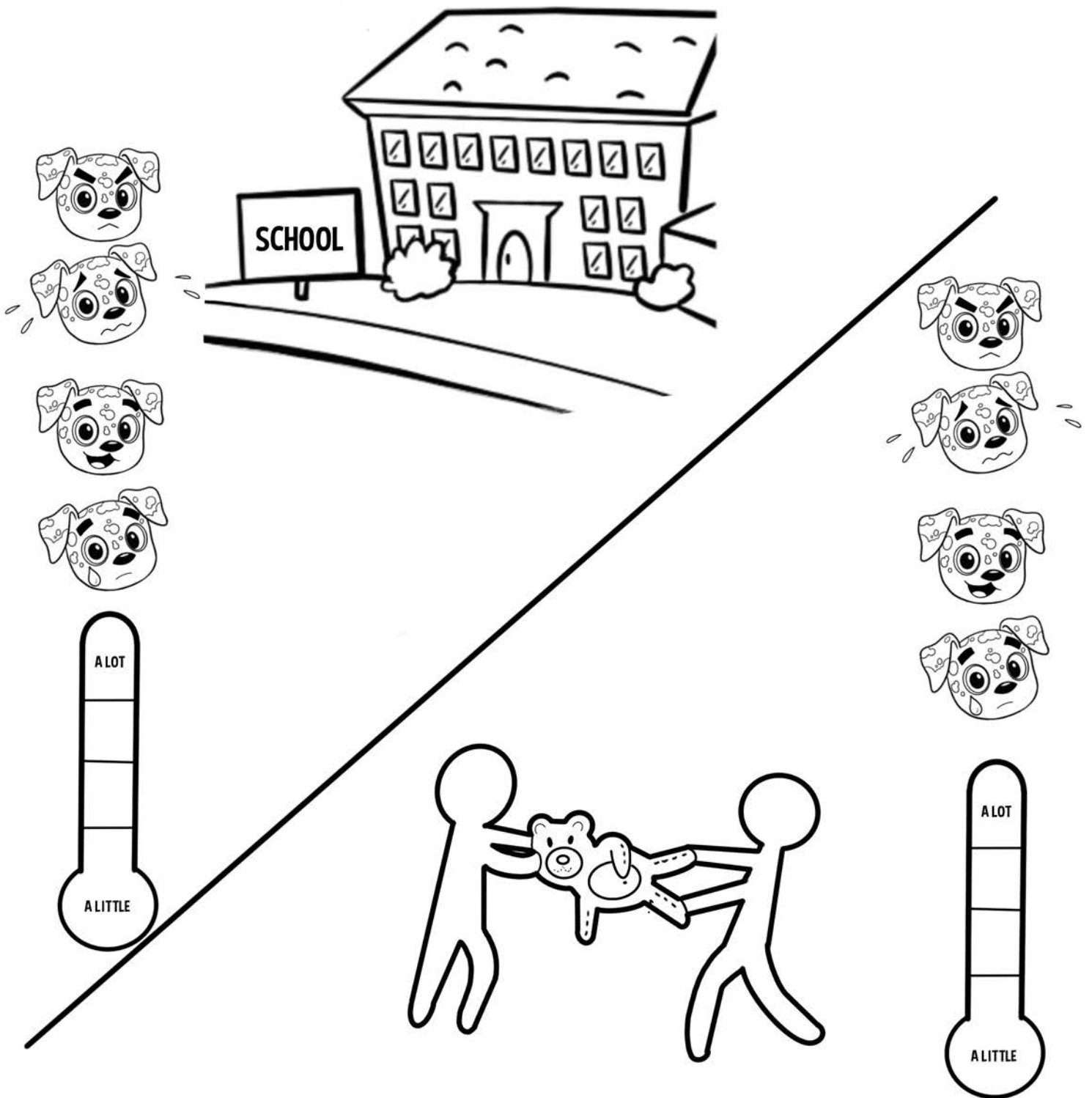


Color the faces that show how you are feeling today.
You can have more than one feeling.

HOW WOULD YOU FEEL?

Everyone has feelings. Feelings belong to you and happen every day. You might have big feelings or little feelings. All feelings are ok!

The worksheet is divided into two sections by a diagonal line. The top section shows a pizza with the text "PIZZA PARTY!" and steam rising from it. The bottom section shows a car that has crashed, with a wheel and a tire on the ground. On the left side of the line, there are four dog faces with expressions of anger, sadness, happiness, and surprise. Below them is a vertical scale with a bulb at the bottom labeled "A LITTLE" and a top section labeled "A LOT". On the right side of the line, there are four dog faces with expressions of anger, sadness, happiness, and surprise. Below them is another vertical scale with a bulb at the bottom labeled "A LITTLE" and a top section labeled "A LOT".



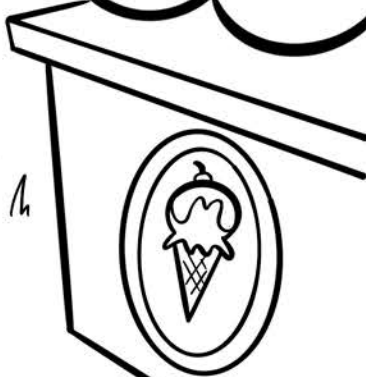
**Circle the face that shows how each picture would make you feel.
Then, color in how much you feel... a little, or a lot.**

YOUR FEELINGS CAN CHANGE

You can feel many feelings for many reasons in a short period of time.



WORRIED



HAPPY



MAD



SAD



Color this page.

SHARE YOUR FEELINGS

Sharing your feelings can help you feel better.
Always share with trusted adults.

An adult I can trust...

Cares about me



Helps me



Listens to me



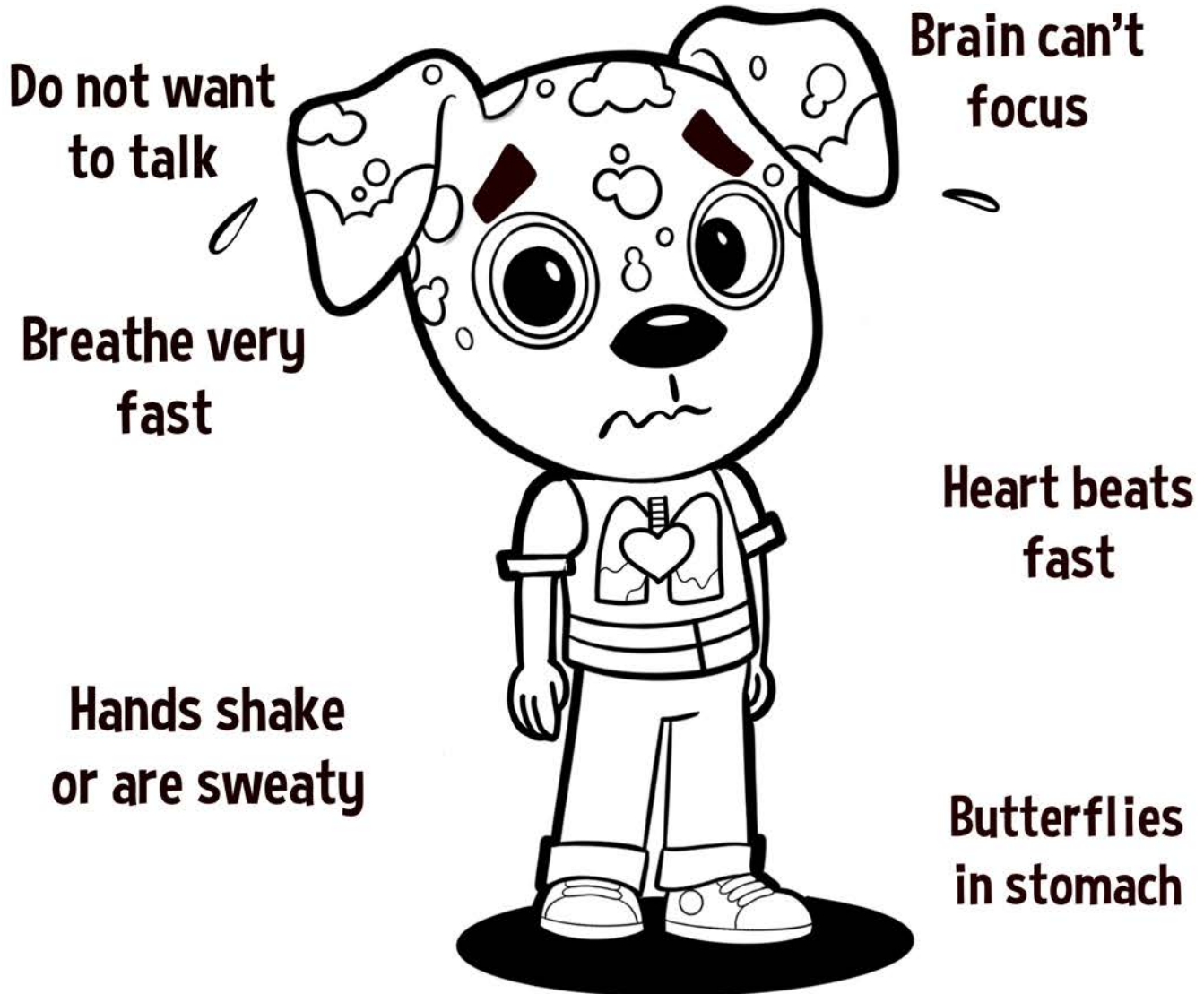
Makes me feel safe



Read Rocket's checklist for finding adults he can trust. Do the hand motions with Rocket to help you remember how to choose a trusted adult. Then, color this page!

AM I WORRIED?

Your body can tell you if you or others around you are feeling **WORRIED**. When Rocket senses he is worrying, he has tools he can use to manage his feelings.



Draw a line from the clue to the body part that would sense worry.

USE YOUR SENSES TO MANAGE YOUR WORRY

When you feel a little worried, you can use your **SENSES** to “get back to calm and ready to learn.” Clear your mind by focusing on one thing you can taste, see, feel, hear, and smell.



Rocket can __aste a



Rocket can __ee



Rocket can __eel his



Rocket can __mell



Rocket can __ear a



Letter Bank

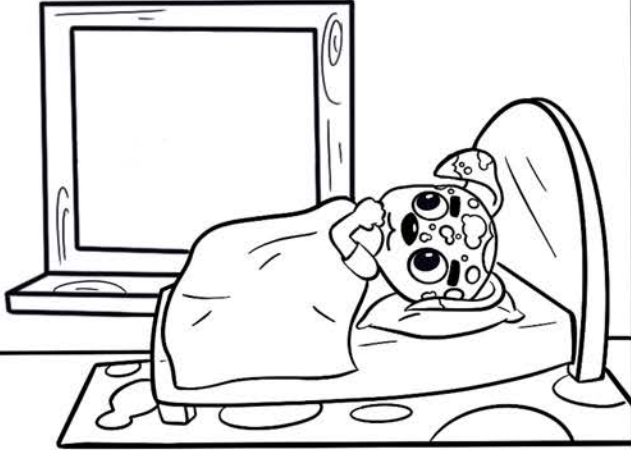
T S S

H F

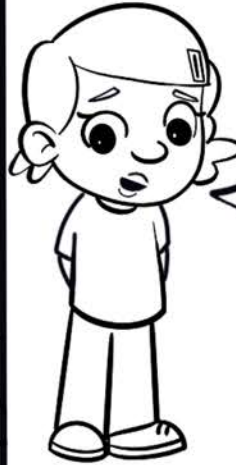
Use the letter bank to complete the sentences and see how Rocket can use his senses to help him re-focus. Then, color this page.

FEELING SAD

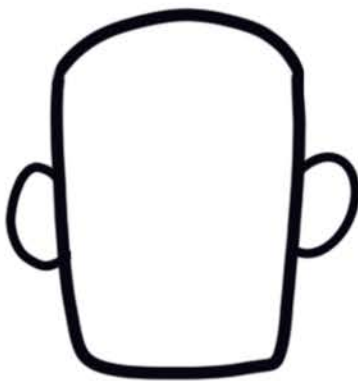
Sometimes you are sad and it won't go away. You may not even feel like eating. If you become really sad, talk to an adult you trust.



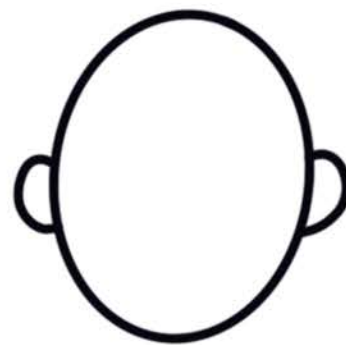
You may have trouble sleeping.
Draw a moon to show it is late.



You may want to be alone. Write what
you might say if you want to be alone.



Mad



Sad

You may feel mad or sad about small things. Finish drawing the faces to show
what "mad" and "sad" look like.

THINGS THAT MAKE YOU SAD OR LONELY

You can feel sad or lonely for many reasons. If you know the thing that makes you sad or lonely, you can talk to an adult to help you find the tools to deal with it.

I get sad or lonely when

This happens...

A lot

Sometimes

Draw a picture of when you were sad or lonely.

Complete the journal entries to write or draw the times when you felt sad or lonely. Then, circle whether this happens to you sometimes or a lot.

WHEN YOU'RE SAD or LONELY...

When you feel sad or lonely, there are tools that can help you feel better. If you feel sad or lonely and it won't go away, talk to an adult you trust.

Across

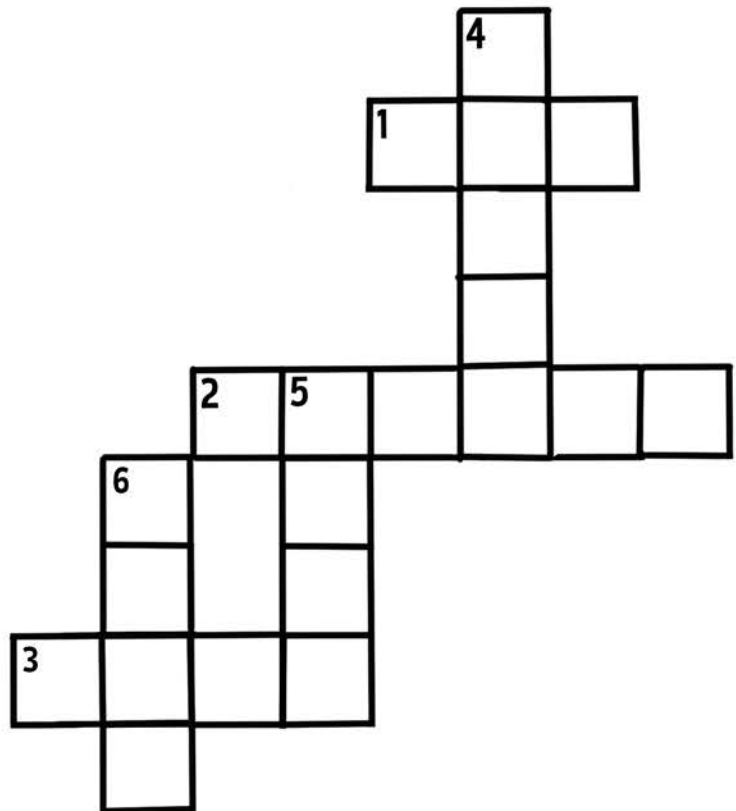
1. _____ a pet or stuffed animal.
2. Build with _____.
3. _____ to a friend or family member.

Down

4. Listen to _____.
5. _____ at pictures.
6. Color or _____

WORD BANK

music	draw
hug	look
blocks	talk



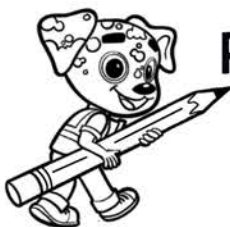
Use the clues and word bank to help you fill in the words on the crossword puzzle to find out what tools can help you feel better .

BIG FEELINGS THAT DON'T GO AWAY

When you feel very sad or very scared and the feelings can't stop, you can go to an adult you trust and share your feelings. They will help you.

_____ is the adult I trust.

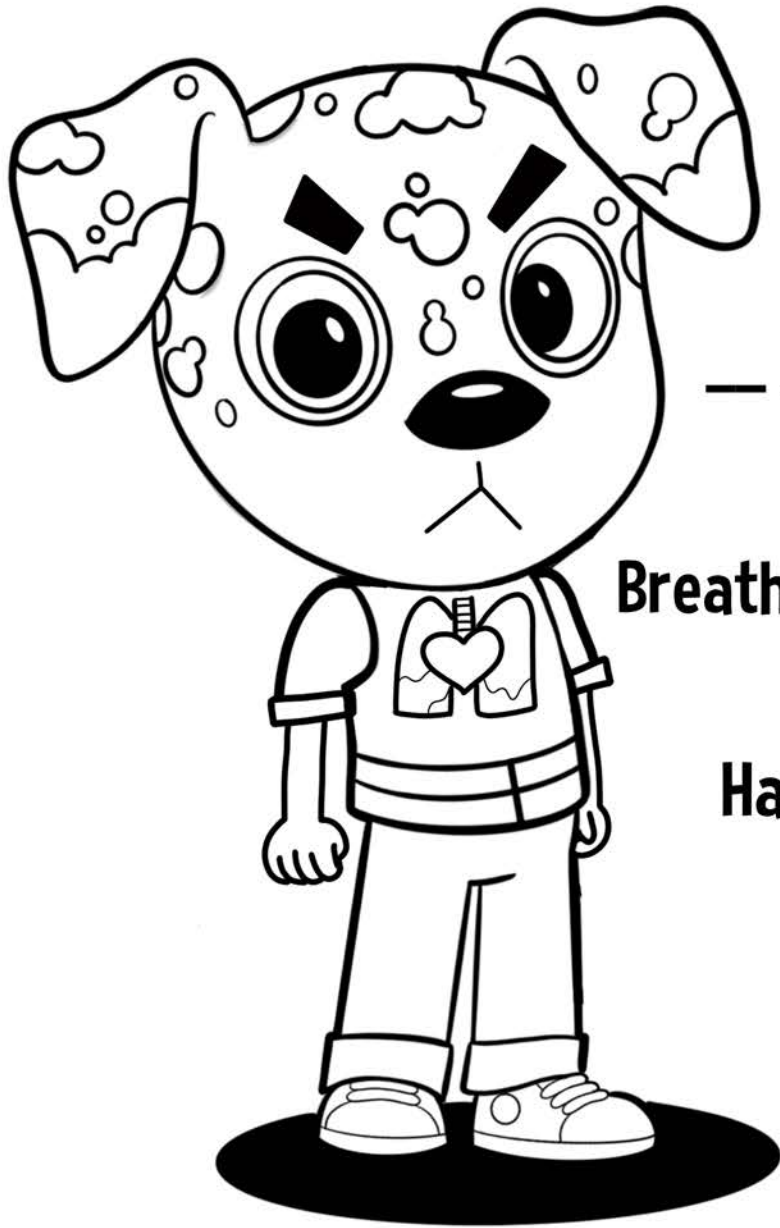
This person can make me feel safe when I feel _____.



Finish the sentences and draw the adult you trust.

SENSING ANGER EARLY

You can sense anger with your body. If you can sense anger coming early, you can get back to happy or calm more quickly!



Face may feel _____.

_____ may beat faster.

Breathing may get _____.

Hands may make a _____.

WORD BANK

fist faster

heart hot

Fill in the blanks using the words in the word bank.

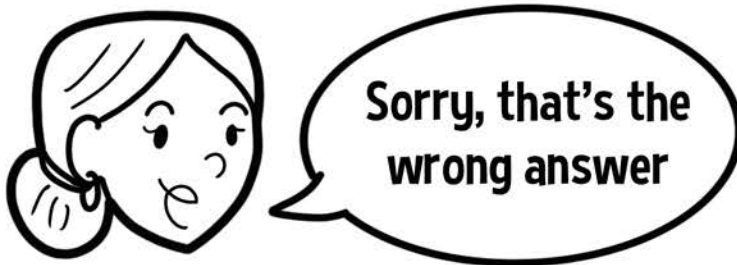
Then, color this page.

WHAT MAKES YOU MAD

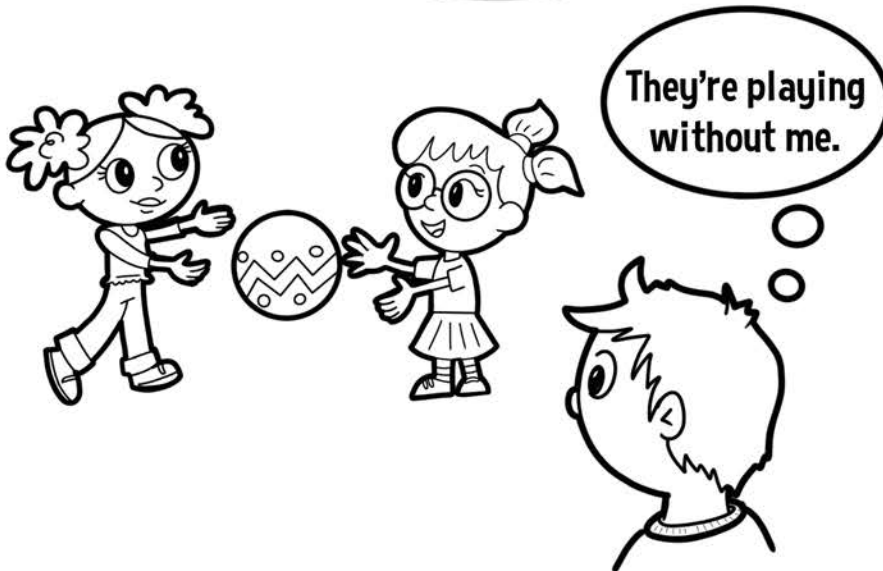
Different situations may make you mad. Whatever your feeling is, it's ok!
Knowing what makes you feel angry helps you manage that feeling.



Mad Not Mad



Mad Not Mad



Mad Not Mad



Mad Not Mad

Think about how the situation would make you feel. Circle Mad or Not Mad.
Then, color these pictures.

MANAGING ANGER

When you feel you are becoming angry, there are things you can do to manage your anger without hurting anyone or making bad decisions.

Blow bubbles or take deep breaths.



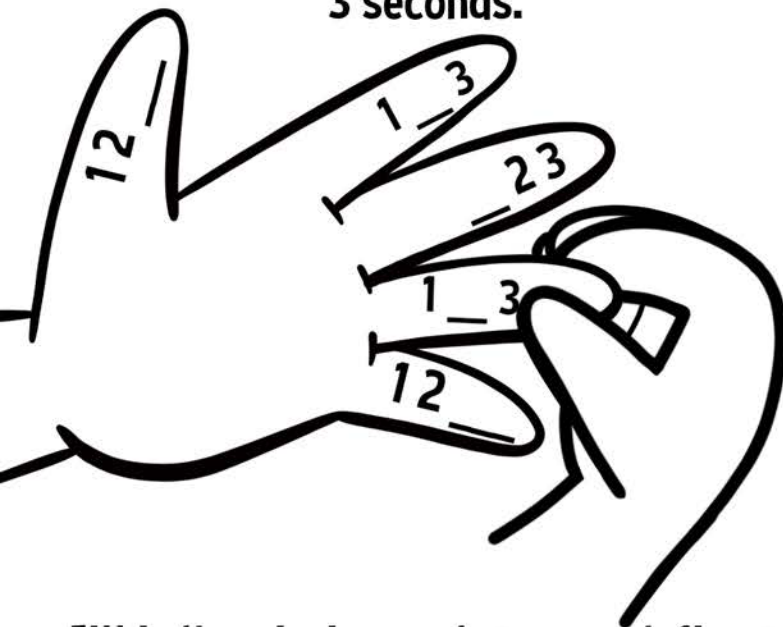
Draw 3 bubbles.

Take a walk outdoors.

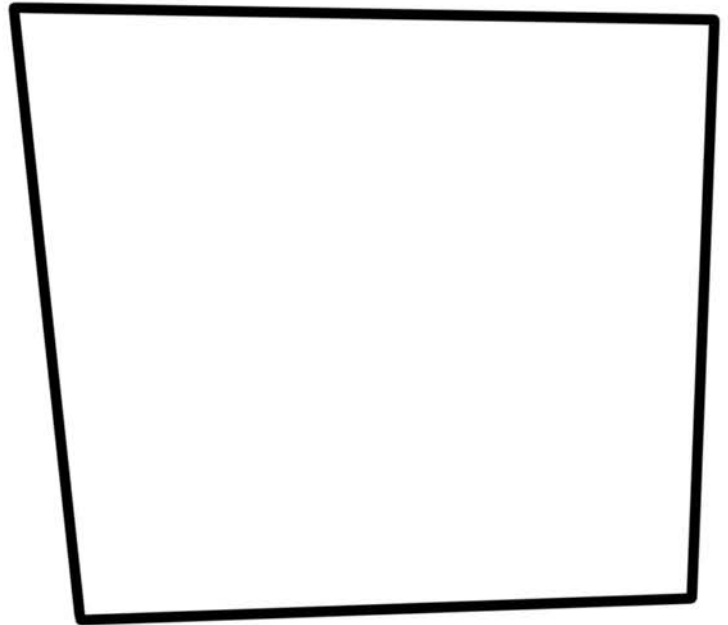


Color Rocket taking a walk.

Squeeze each of your fingers for 3 seconds.



Fill in the missing numbers on each finger.



Write or draw something you are thankful for.

TOOLS TO FEEL HAPPY and CALM

There are many ways to feel happy and calm. These are called **COPING TOOLS**. You can use **COPING TOOLS** every day, wherever you are, for all feelings, including big feelings. When these tools are just not enough, talk to an adult you trust about how you are feeling.

Spend Time Outside



Use Your Senses



Blow Bubbles



Take Deep Breaths



Dots and Squeezes



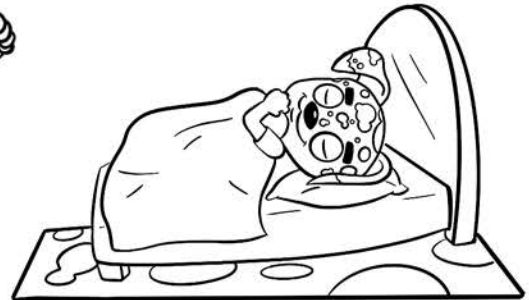
Drink Water



Exercise



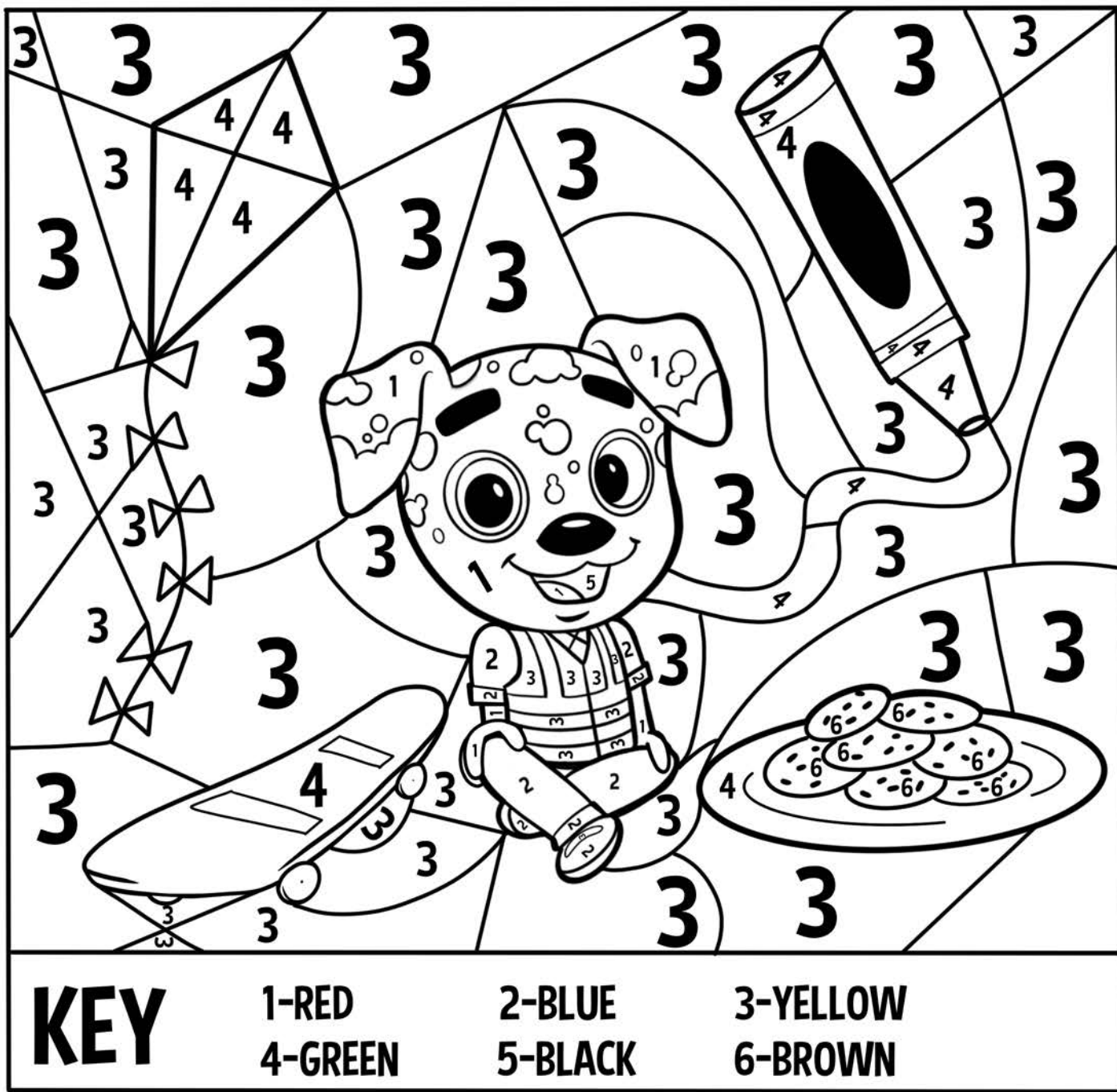
Get Enough Sleep



Circle the things you should do every day to keep your feelings just right.
Then color this page.

FEELING HAPPY

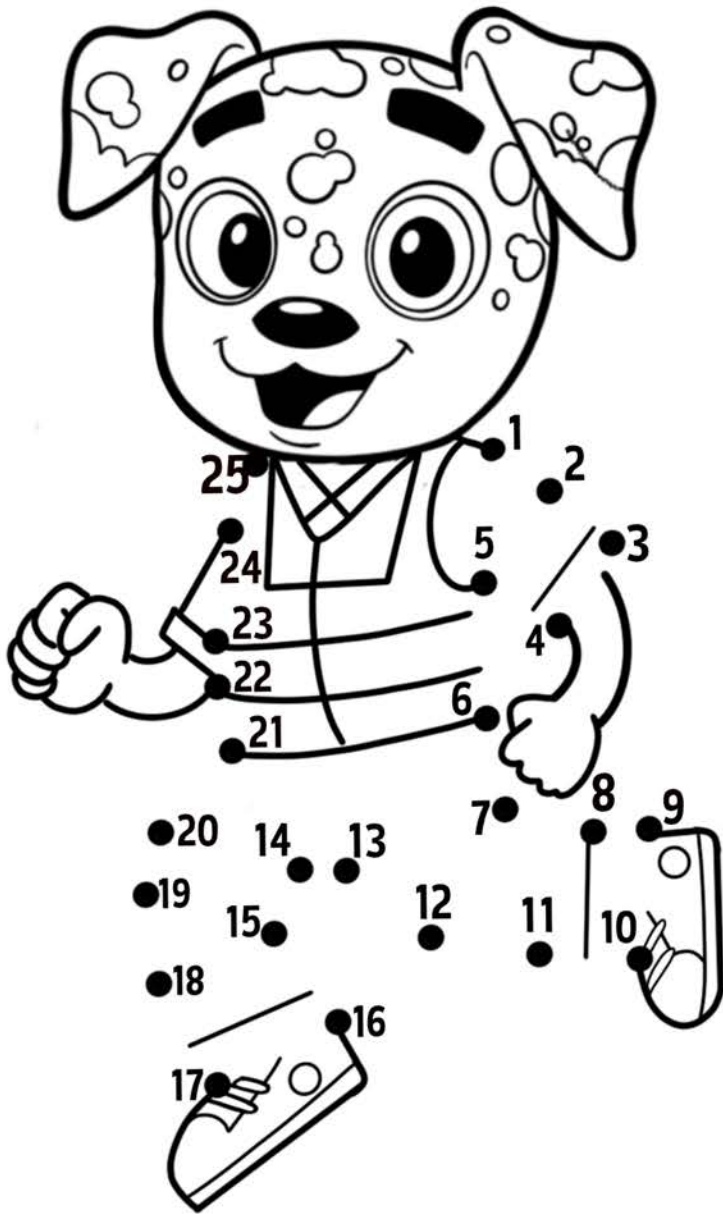
There are many activities that can help you feel happy.



Use the key to color the picture and find out what things make Rocket feel happy.

EXERCISE KEEPS YOUR BODY and BRAIN STRONG

Exercise helps you think clearly so you can be happy, calm, and ready to learn!















































Complete the dot-to-dot to find out one of Rocket's favorite daily exercises. Then, color this page.

GET SLEEP TO KEEP YOUR BRAIN HEALTHY

You need about 10 hours of sleep every night to keep your brain healthy.
Then you can think more clearly about your feelings,
manage your feelings, and make great decisions.

 = 1 hour of sleep

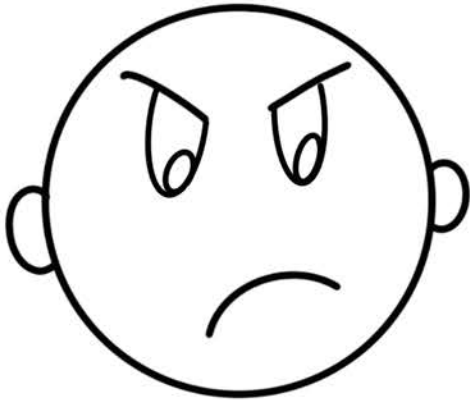
Monday					
					
Tuesday					
					
Wednesday					
					
Thursday					
					
Friday					
					



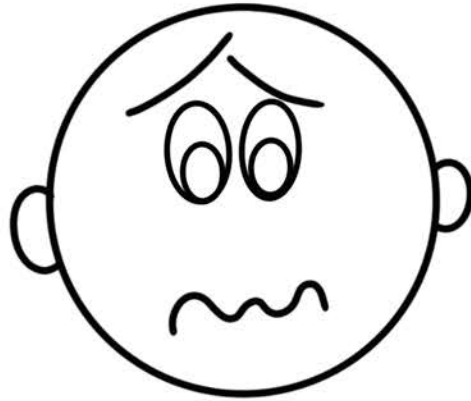
Some days Rocket got enough sleep. Color those days and clouds blue.
Other days Rocket did not get enough sleep.
Draw in how many more clouds Rocket needs to get 10 hours of sleep.

HOW OTHERS FEEL

Caring for others is important. Take time to look for clues to understand how others are feeling.



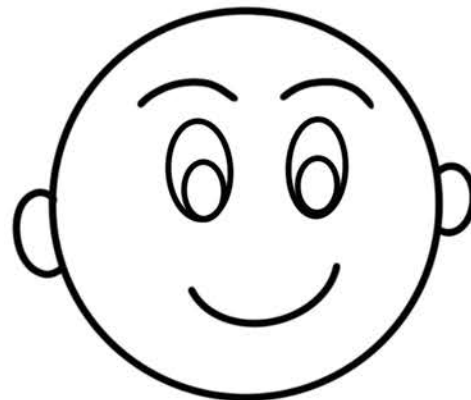
This person feels



This person feels



This person feels



This person feels

Happy	WORD BANK	Mad
Sad		Worried

Finish the sentences by using the word bank. Then, color the pictures.

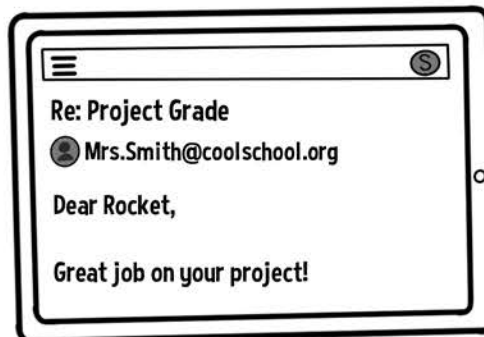
BE KIND ONLINE

It is important to be kind and safe on our phones and computers. If someone is saying something unkind or makes you feel unsafe, tell an adult you trust.



A safe message:

1. Comes from someone you know
2. Is kind
3. Does not ask you personal information
4. Does not ask you to keep secrets



Circle the phones and computers with safe messages.
Put an "x" on unsafe messages.

BE KIND EVERY DAY

It makes others feel good when you are kind to them.
It also makes you feel good when you are being kind!

Every day there are many ways to be kind using words or actions.

KINDNESS

WORDS

That is a great idea!

You can go before me!


Can I help with that?

MENU

ACTIONS



Invite someone new
to play



Help someone clean up at
school or home



Hold the door open
for someone

Look at the kindness menu. If you have been kind in that way, color the items BLUE. Choose one way to be kind every day and circle it with GREEN.

FINDING FEELINGS REVIEW

Sit down with your family and answer the questions below.

1. Name some of the things the brain controls. (Page 1)
2. How are you feeling today and why? (Page 3)
3. How would you feel if someone didn't want to share their toy with you? (Pages 4-5)
4. How do you choose an adult you can trust? (Page 7)
5. How does your body feel when you are worried? (Page 8)
6. What are some things you can do to help you stop worrying? (Page 9)
7. Name some reasons you might feel sad or lonely. (Page 11)
8. If you're scared or sad, who would you talk to and why? (Page 13)
9. How does your body feel when you are getting angry? (Page 14)
10. What are some things that make you mad? (Page 15)
11. What are some coping tools you can use to help you feel happy and calm? (Page 17)
12. How does exercise help you? (Page 19)
13. How much sleep should you get each night? Does sleep help your brain stay healthy? (Page 20)
14. Why is it important to understand how others feel? (Page 21)
15. If someone says something unkind online what can you do? (Page 22)
16. What are some kind things you can say or do for people? (Page 23)



Rocket's Finding Feelings Activity Book is a collaborative effort drawing upon the expertise of mental health experts across the United States.

School Administrators, teachers, law enforcement and parents all agree the need has never been greater to help children recognize and manage their emotions.

Special Thanks:

Melissa A. Reeves, Ph.D., NCSP, LPC, Past-President National Association of School Psychologists

Jerry Moe, MA, Child and Family Counselor

Catherine Carson Rice, M.Ed., NCC, L.B.S.W., School Counselor

Nicole McMahon, LCSW, PPSC, M.A.Ed. Crisis Counseling and Intervention Services School Mental Health, LAUSD

Mo Canady, Executive Director NASRO

Lt. Rudy Perez, Los Angeles School Police Dept., President NASRO

Barry Stockhamer, Ed.D., Principal, Education Leadership

Janelle Vargo, M.Ed., Mild to Moderate Intervention Specialist



Special thanks to all resource officers and teachers who every day keep our children mentally healthy and safe!

CONGRATULATIONS!

You're a Rocket Finding Feelings Superstar!

Name: _____

Date: _____

Signature: Rocket 

Instructor: _____

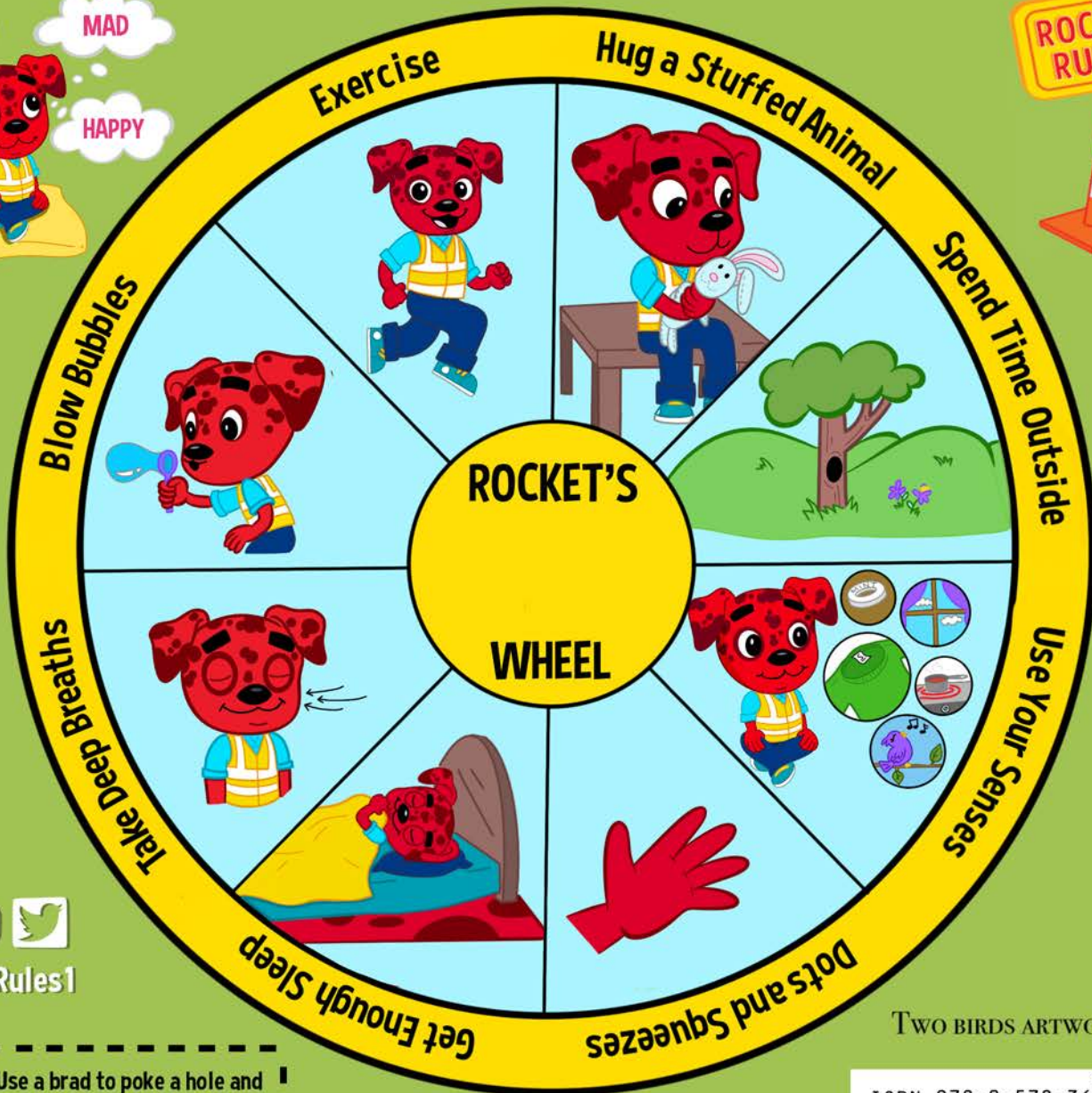


RECOGNIZING and SHARING FEELINGS IS ESSENTIAL FOR GOOD MENTAL HEALTH

Rocket's Finding Feelings Activity Book is a great resource for educators and parents to help their students and children identify, explore and manage their feelings. It is critical for children to understand that all feelings are ok. Beginning this awareness establishes the foundation for healthy development so children can feel confident in who they are and establish positive, healthy relationships. Thanks Rocket for helping us adults, help kids!

Melissa A. Reeves, Ph.D., NCSP, LPC
Past-President National Association of School Psychologists

Help kids manage and cope with their feelings in a positive way!






 @RocketRules1

TWO BIRDS ARTWORK

Cut out the arrow. Use a brad to poke a hole and attach the arrow so it can point to the coping tool you would like to use.



Printed in the United States of America
ISBN 978-0-578-36645-6
A 501(c)(3) Nonprofit Organization
© 2022 Bunni and Rick Benaron

RocketRules.Org

\$6.99
 ISBN 978-0-578-36645-6
 50699 >

 9 780578 366456