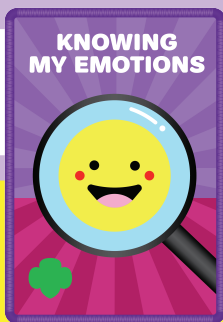


Knowing My Emotions patch
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Explore Your Emotions

Life brings up all sorts of emotions, and that's totally okay. Emotions can be a little confusing, though. Luckily, there are lots of ways to explore them—like diving into an art project! Choose an emotion from the Feelings Wheel, then draw a picture of what it feels like to you.

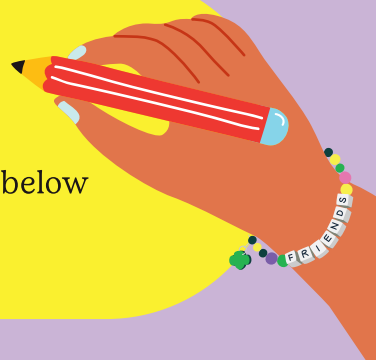




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Draw the Way You Feel

Get to know all of your emotions as they come up. Use the shapes below to draw what your emotions look and FEEL like to you.



Strong

Three pink stars of varying sizes are positioned to the right of the 'Strong' label. The drawing area is a white rounded rectangle with a decorative top edge.

Sad

Five blue teardrops of varying sizes are positioned to the right of the 'Sad' label. The drawing area is a white rounded rectangle with a decorative top edge.

Awful

A flame is positioned to the right of the 'Awful' label. The drawing area is a white rounded rectangle with a decorative top edge.

Loving

A red heart is positioned to the right of the 'Loving' label. The drawing area is a white rounded rectangle with a decorative top edge.

Happy

A yellow sun with rays is positioned to the right of the 'Happy' label. The drawing area is a white rounded rectangle with a decorative top edge.

Angry

An illustration of a hand holding a green marker, positioned at the bottom right of the 'Angry' label. The drawing area is a white rounded rectangle with a decorative top edge.