

# Emotion salad

Make a salad with an adult.  
Fill it with lots of things.

Each colour in the salad might represent an emotion, like tomatoes are red, and red could mean angry.

It's okay to be angry sometimes, can you think of a time where you've wanted to be angry?

Lettuce is green, this could mean happy feelings, can you think of a happy memory you and your sibling had?

Tomatoes are red, this could show your angry emotions

There are some other boxes for different colours and emotions, why not fill them out?

Colour:

Emotion:

Colour:

Emotion:

Colour:

Emotion: