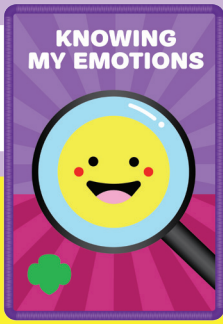


Knowing My Emotions patch
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

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.






Knowing My Emotions patch
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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 


A white, rounded rectangular area for drawing the emotion 'Strong'. A hand holding a yellow crayon is shown on the left side.

Sad 

A white, rounded rectangular area for drawing the emotion 'Sad'. Five blue raindrops are scattered in the bottom right corner.

Awful

A white, rounded rectangular area for drawing the emotion 'Awful'.

Loving 

A white, rounded rectangular area for drawing the emotion 'Loving'. A red heart is in the top right corner. A hand holding a yellow crayon is shown on the left side.

Happy 

A white, rounded rectangular area for drawing the emotion 'Happy'. A yellow sun is in the bottom right corner.

Angry 

A white, rounded rectangular area for drawing the emotion 'Angry'. A flame is in the top right corner. A hand holding a green marker is shown on the right side.