

My **Developing Emotions** Activity Book

Name:

Class:



Contents

Welcome	5
Fears and Worries	7
Love and Friendship	16
Comedy and Laughter	24
Anger and Revenge	31
Feeling Blue	40
Looking for Joy	50



Welcome to Developing Emotions!

In these lessons, we are going to learn about feelings and the words we use to describe them.

This book is yours to fill in during the Developing Emotions lessons: write, draw, scribble, decorate, and describe emotions and feelings – in any way you want! Be creative.



Which emoji are you today?



What is an emotion?

An emotion is

Which are your favourites?

I enjoy feeling:

.....

.....

.....

Which don't you like?

I don't like feeling:

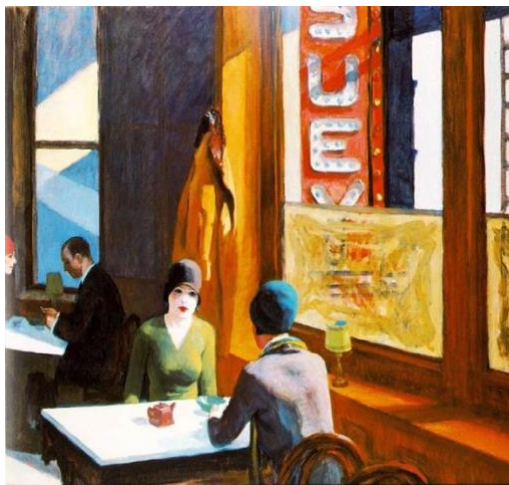
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Fears and Worries





Words for Fears and Worries



Do you recognise any of the words in the table below? Which ones do you think sound spookiest?

This week your mission will be to try to use **3 of these words** in your work.

Word	Definition
Anxious	
Apprehensive	
Concerned	
Eerie	
Frightened	
Petrified	
Scared	
Sinister	
Spooky	
Tense	
Terrified	
Timid	

My favourite word from the fears and worries vocabulary list:

.....



Everyday Worries



Can you think of **three** common, everyday worries? Make a list of them here:

Everyday worries:

1. _____
2. _____
3. _____



Why are they worried?



.....

.....

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Why are they worried?



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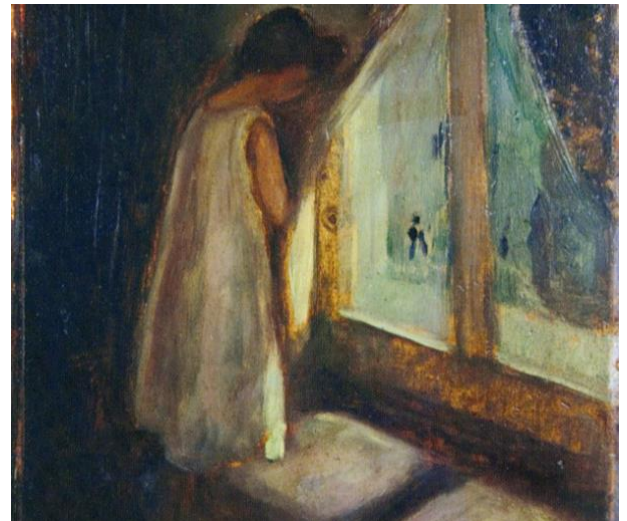
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Haunted (1918), Siegfried Sassoon

Underline any words you think are scary or linked to fear

Uneasy was the man who wandered, brooding,
His face a little whiter than the dusk.
A drone of sultry wings flicker'd in his head.
The end of sunset burning thro' the boughs
Died in a smear of red; exhausted hours
Cumber'd, and ugly sorrows hemmed him in.

He thought: 'Somewhere there's thunder,' as he strove
To shake off dread; he dared not look behind him,
But stood, the sweat of horror on his face.

He blunder'd down a path, trampling on thistles,
In sudden race to leave the ghostly trees.
And: 'Soon I'll be in open fields,' he thought,
And half remembered starlight on the meadows,
Scent of mown grass and voices of tired men,
Fading along the field-paths; home and sleep
And cool-swept upland spaces, whispering leaves,
And far off the long churring night-jar's note.

But something in the wood, trying to daunt him,
Led him confused in circles through the thicket.
He was forgetting his old wretched folly,
And freedom was his need; his throat was choking.
Barbed brambles gripped and clawed him round his legs,
And he floundered over snags and hidden stumps.
Mumbling: 'I will get out! I must get out!'
Butting and thrusting up the baffling gloom,
Pausing to listen in a space 'twixt thorns,
He peers around with peering, frantic eyes.

An evil creature in the twilight looping,
Flapped blindly in his face. Beating it off,
He screeched in terror, and straightway something clambered
Heavily from an oak, and dropped, bent double,
To shamble at him zigzag, squat and bestial.

Headlong he charges down the wood, and falls
With roaring brain—agony—the snap't spark—
And blots of green and purple in his eyes.
Then the slow fingers groping on his neck,
And at his heart the strangling clasp of death.





Haunted

How did this poem make you feel?

It made me feel:

.....
.....
.....

Can you think of other words for feeling scared or frightened that weren't in the poem? Have a look at the word list on page 8 if you get stuck.

Other fearful words:

Scribble space: can you write some of your new scary words in your best *spooky* writing? You could add spider's webs and ghosts....





My Developing Emotions Reflections



This week I am feeling:

Scribble space: Can you draw something that represents one of the new emotion words you have learnt this week?



My emotion word of the week:





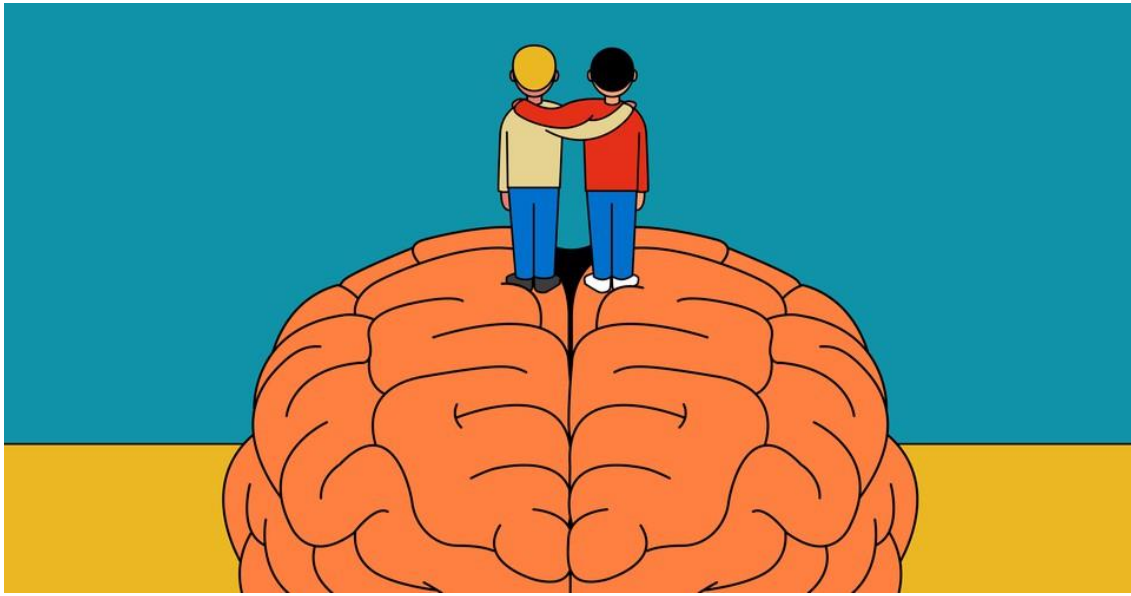
The Fears and Worries Quiz

Circle the correct answer

1. An 'everyman' character is someone who...
 - a) ...is everywhere
 - b) ...feels every emotion at the same time
 - c) ...represents an ordinary person
2. Which of these actions did the word 'worry' mean in the past?
 - a) To strangle
 - b) To skip
 - c) To sing
3. What was Siegfried Sassoon's scary poem called?
 - a) Taunted
 - b) Haunted
 - c) Totally Terrifying Poem
4. The poet Siegfried Sassoon wrote poetry in which historical period?
 - a) The 1900s
 - b) The 1800s
 - c) The 1600s
5. Which of the following is NOT a word for frightening?
 - a) Terrifying
 - b) Serene
 - c) Scary
6. The word 'petrified' means turned into something. Which of the following is it?
 - a) Water
 - b) An animal
 - c) Stone
7. Which of these is a phrase that means frightening?
 - a) Stomach-heating
 - b) Stomach-tickling
 - c) Stomach-churning
8. Martha Graham thought dancers needed to show more of their...
 - a) Elbows
 - b) Emotions
 - c) Eyebrows



Love and Friendship





Words for Love and Friendship

Do you recognise any of the words in the table below? Are you feeling kind today? Or maybe friendly?

Word	
Affectionate	
Caring	
Charitable	
Devoted	
Encouraging	
Faithful	
Friendly	
Kind	
Loving	
Reliable	
Romantic	
Trustworthy	

A word I want to use more often:

.....

I would like my friends to describe me as:

.....



THAT'S WHAT FRIENDS ARE FOR

We're your friends
We're your friends
We're your friends to the bitter end
(the bitter end)



When you're alone
Who comes around
To pluck you up
When you are down

And when you're outside, looking in
Who's there to open the door?
That's what friends are for!

Who's always eager to extend
A friendly claw?
That's what friends are for!

And when you're lost, in dire need
Who's at your side at lightning speed?
We're friends of every creature
Comin' down the pike
In fact we never met an animal
We didn't like (didn't like)

So you can see
We're friends in need
And friends in need
Are friends indeed
We'll keep you safe
In the jungle forevermore
That's what friends are for!



The Science of Friendship FACT FILE!

Fill in the blank spaces below to complete your fact file. All the answers are available in the video if you watch and listen carefully.

There are **TEN** to find in all - how many will you get?

1. The scientist Robin _____ has investigated how many friends one person can have before their brain gets full!
2. The total number he came up with was _____.
3. On average, a person might have _____ close friends.
4. Their '_____ group' might contain 12-15 more friends.
5. The part of the brain that deals with language, memory and friendships is called the _____.
6. Living in a large _____ means you need a large brain.
7. In the distant past, having a large group of _____ (and a pointy stick!) helped humans to survive.
8. In the natural world, few animals share their food with strangers - only humans and _____ do this.
9. Whether you have _____ friends, or _____, or 150, they can help you out in times of trouble.
10. The bond of friendship took _____ of years to make.



FRIENDS from HISTORY

How did people feel about their friends in the past?

Read the three short extracts by great writers below.

Underline any words or phrases that you don't understand.

What do you think these writers **felt** about their friends?

'Of Friendship' by Cicero (died in Italy in 43 BCE)

What can be more delightful than to have someone to whom you can say everything with the same absolute confidence as to yourself? In the face of a true friend you see as it were a second self. So that where your friend is, you are; if your friend is rich, you are not poor; if you are weak, your friend's strength is yours.

'Of Friendship' by Michel de Montaigne (died in France in 1592)

In the friendship I speak of, our souls mingle and blend with each other so completely that the seam that joined them cannot be found. If you press me to tell why I loved him, I feel that this cannot be expressed, except by answering: Because it was he, because it was I.

'To my Excellent Lucasia, on our Friendship' by Katherine Philips (died in England in 1664)

I did not live until this time
Crowned my felicity,
When I could say without a crime,
I am not thine, but thee.



THE FOUR LOVES

According to C. S. Lewis there were **four main kinds of love**:

1. Affection

This is the love you feel for the people you are closest to every day: your parents, grandparents, brothers, sisters, or pets.

2. Friendship

This strong emotional bond is between people who get to know each other, normally outside of their family - perhaps at school. It can develop between just two people, or among larger groups.

3. Romantic love

This is what people feel when they 'fall in love' with another person and have very strong feelings towards them. It can lead to a long-term relationship, or marriage, between two people.

4. Charity

Selfless or even self-sacrificing love of others. C. S. Lewis was a Christian writer, and he said this was an expression of the love of God.

Can you think of THREE other kinds of love and friendship?

1.

2.

3.



My Developing Emotions Reflections



My favourite new emotion words:

- 1.
- 2.
- 3.

Scribble space: What would an affectionate emoji look like? See if you can draw one!



Today I have been
feeling...



The Love and Friendship Quiz

Circle the correct answer

1. How many real friends did the scientist Robin Dunbar think a person could have at any one time?
 - a) 150
 - b) 2,000
 - c) 4

2. Apart from humans, which other animal shares food with strangers?
 - a) Bonobo
 - b) Pig
 - c) Giraffe

3. What is the name of the part of the brain that deals with language, memory and friendships?
 - a) Hippopotamus
 - b) Neocortex
 - c) Left lobe

4. What did C.S. Lewis identify as the four main types of love?
 - a) Friends, family, food, films
 - b) Affection, friendship, romantic love, charity
 - c) Brotherly, friendship, unrequited, affection

5. Which of these is another word for thinking?
 - a) Collision
 - b) Competition
 - c) Cognition



Comedy and Laughter





Words for Laughter

Do you know the words for kinds of laughter below? Tick the ones that you have experienced yourself. Are you a cackler or a giggler? Do you ever snigger?!

Word	
Belly-laugh	
Cackle	
Chortle	
Chuckle	
Giggle	
Guffaw	
Hoot	
Howl	
Laugh	
Schadenfreude	
Snigger	
Snort	

Time to reflect...

Which of the words in the box above is most satisfying to say?
Is it chortle, or maybe guffaw?

What makes you snort with laughter?



Emojis

What do you think are the world's most popular emojis?

1.

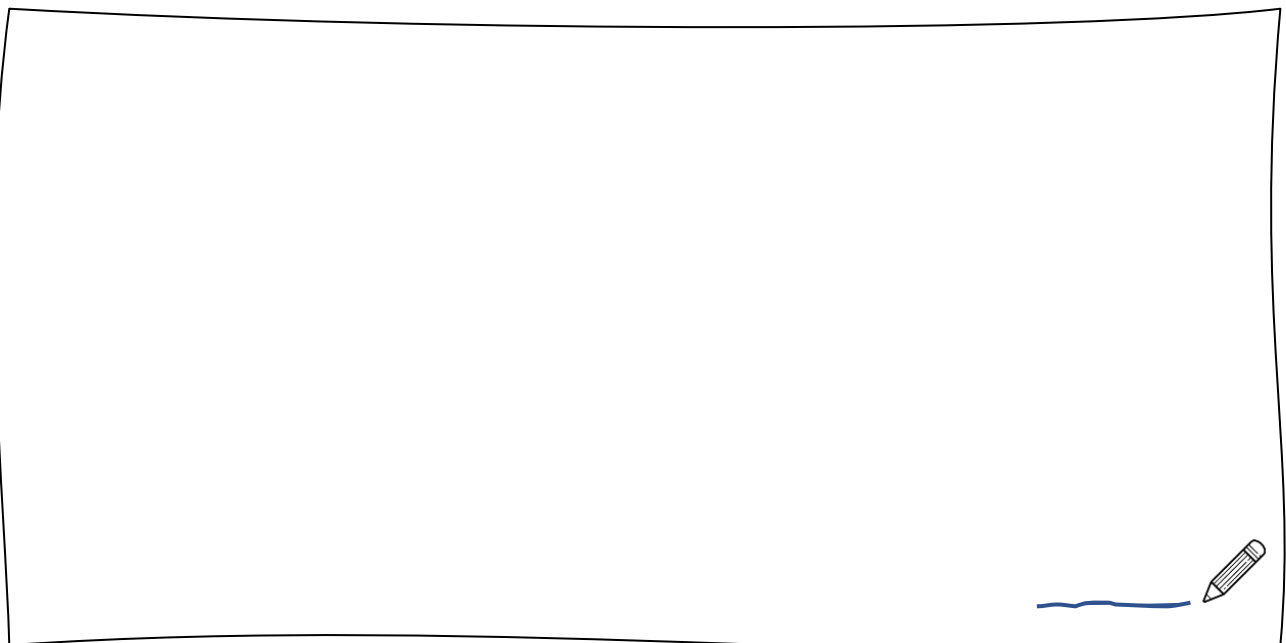
2.

3.



What is your favourite emoji?

Draw it in the box below



Can you label your drawing with an emotion word you haven't used before?



The Punchline Game



Match up the joke/punchline game

Print out or photocopy and cut up the following table and then try to match the set-ups with their punchlines.

Set-ups	Punchlines
How many tickles does it take to make an octopus laugh?	Tweetment!
What do you give a sick bird?	Tooth hurty
What do you call a man with a spade on his head?	The ghost of Christmas passed!
What's the best time to go to the dentist?	Ten tickles!
How did Ebenezer Scrooge win the football game?	Doug



SCHADENFREUDE

HA HA!

Can you say **Schadenfreude**
(shar - den - froy der)?

What do you think it means?



Schadenfreude means:
.....
.....

Can you think of any characters or historical figures who might have felt schadenfreude?

_____ felt schadenfreude when they

Can schadenfreude be healthy?



Addyman Talk on Why Babies Laugh



Below are a few short phrases from the talk with key words taken out.

Listen carefully and try to fill in the gaps!

"Amazingly, from the very beginning of life, we and the baby can make an connection."

"In our survey of the things that made babies laugh, and made them happy, of course and were the funniest."

"In fact that's the job of laughter it's a social from one person to another."

"It's no coincidence that the best way to make a baby laugh is to play It's all about social connection."

"It elates us, it consoles us. It connects us, it's It's the chorus of our shared delights, and deepens our joys and our loves."



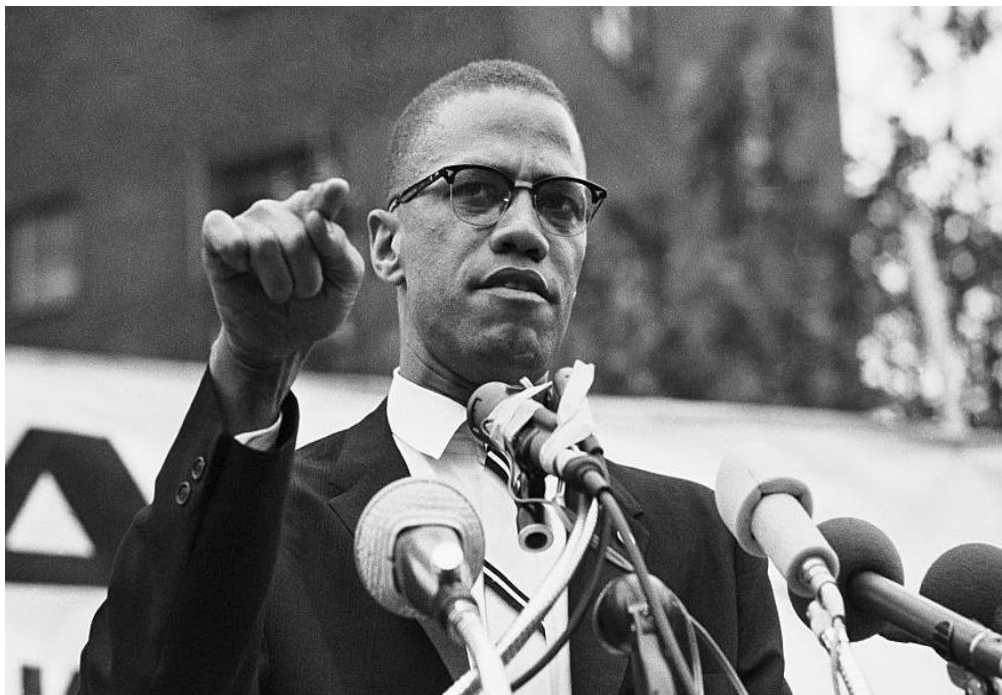
The Laughter Quiz

Circle the correct answer

1. What is the world's favourite emoji?
 - a) Smiley face
 - b) Red heart
 - c) Tears of joy
2. What was the original meaning of 'slapstick'?
 - a) Ticking someone off for slapping their friend
 - b) A stick used to make a slapping noise
 - c) A slap used to make a sticking noise
3. How much more likely are children to laugh if they are with others, rather than alone?
 - a) Seven times
 - b) Seventy-seven times
 - c) Seven billion times
4. Which of these is the correct spelling for a word for enjoying someone else's bad luck?
 - a) Shardenfroyder
 - b) Fradenscheude
 - c) Schadenfreude
5. Which of the following is NOT a word for a kind of laughter?
 - a) Weeping
 - b) Giggling
 - c) Chuckling
6. Which of these IS a word for a kind of laughter?
 - a) Gulping
 - b) Galloping
 - c) Guffawing
7. Which of these is a word for a joke based on wordplay?
 - a) Pun
 - b) Bun
 - c) Schadenfreude



Anger and Revenge





Words for Anger and Revenge

Give each word a score from 1 to 5 for how angry it sounds. 1 is the lowest, 3 is fairly cross, and 5 is very, very angry!

Can you use some of these words in your writing this week?

Word	Score out of 5 for anger level!
Aggressive	
Apoplectic	
Cross	
Frustrated	
Furious	
Irate	
Livid	
Miffed	
Vengeful	
Wrathful	

Quickly, use one of the words from the list above to help this emoji express what it is feeling.

This emoji is feeling





Ira



1. This picture is over five hundred years old! Write down here what you think is happening in the picture

In this picture, the characters are

..... I think they are doing this

because

2. This picture is called "Ira" - a Latin word. What do you think "Ira" might mean?

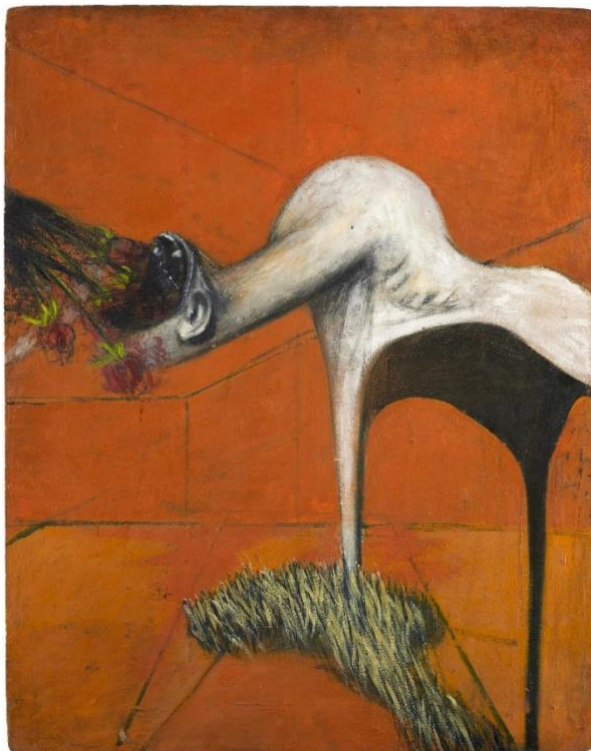
Ira means

3. What English word beginning "Ira..." might have a similar meaning?



Angry paintings from the history of art

John Martin, *The Great Day of His Wrath* (1853)



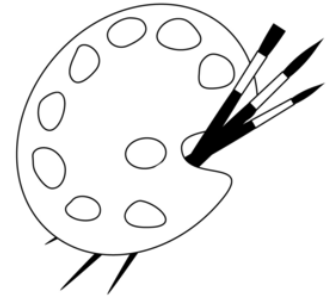
Francis Bacon,
Rage (1944)

What do you think
this is a painting
of?



ANGRY ART – ARRRRGHHHHHHHHHH!!!!

This is your blank space to create your own angry painting. What colours will you use? How will you represent anger?





DEBATE

"Anger is a valuable emotion"

In the table below, write down any good things about anger in the "Good" column, and the bad effects of feeling furious in the "Bad" column.

GOOD	BAD
Anger is valuable when...	Anger can be an unhelpful emotion when....



DEBATE

"Anger is a valuable emotion"

To help you prepare to contribute to the debate,
try completing some of these statements:

Anger can be good when.....

Rage is harmful when.....

Taking revenge is bad because...

Outrage is the right response when...

I don't like feeling angry because.....

When someone else loses their temper, it makes me feel.....

The worst / best kind of anger is.....



My Developing Emotions Reflections



My favourite new emotion words

1.

2.

3.

4.

Scribble space: Can you draw an abstract emotional picture in the space below?
Experiment with scribbles, dots, squiggles and shading.



This week I have been
feeling ...



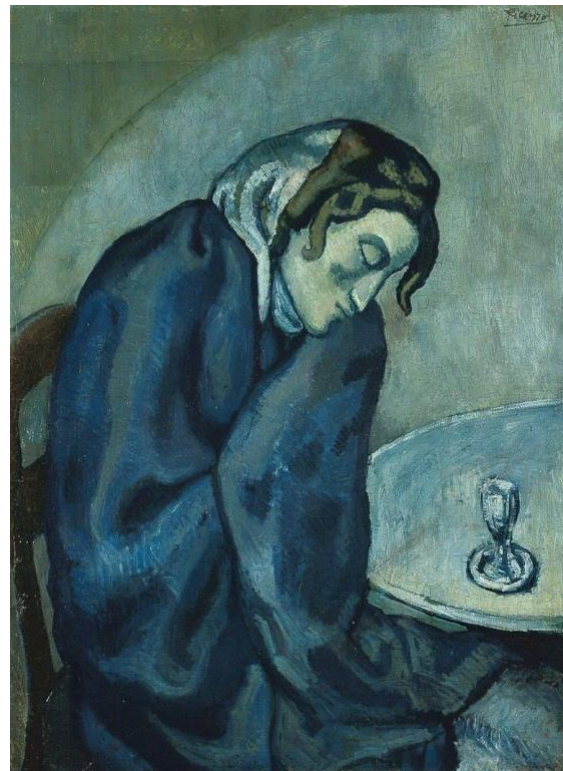
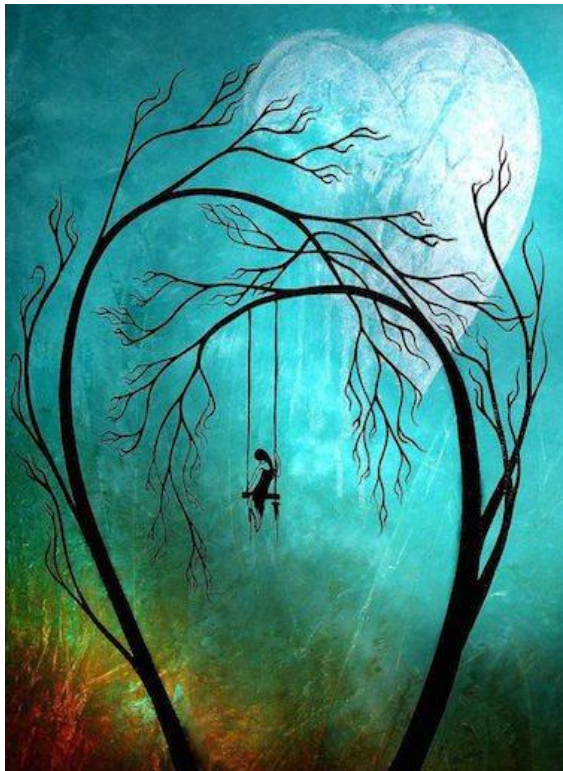
The Anger Quiz

Circle the correct answer

1. What was a Latin term for rage or wrath?
 - a) Vera
 - b) Madeira
 - c) Ira
2. How many deadly sins were there in medieval Christian teaching?
 - a) Seventy-seven
 - b) Seven
 - c) Seven hundred
3. Which of these means getting your own back on someone?
 - a) Refuel
 - d) Revenge
 - e) Restate
4. Which of the following is NOT a kind of anger?
 - a) Euphoria
 - d) Rage
 - e) Wrath
5. Which of these natural phenomena would you associate with angry outbursts?
 - a) A volcano
 - d) A lake
 - e) Some mist
6. What is the name of the famous activist who called himself the angriest man in America?
 - a) Malcolm X
 - b) The X Man
 - c) Mr Thunberg
7. Which of these words means really, really angry?!
 - a) Atmospheric
 - b) Archaeological
 - c) Apoplectic



Feeling Blue





Words for Sadness

This week we're looking at some gloomy words. Put a tick beside any words in the table below that you recognise.

Word	
Blue	
Despondent	
Dismal	
Down	
Fed up	
Glum	
Low	
Melancholy	
Moody	
Sad	
Sorrowful	

Two new words I will use in my writing this week:

1. 2.



A classic blues song

Elmore James "The Sky is Crying" (1959)



The sky is crying, look at the tears roll down the street
The sky is crying, look at the tears roll down the street
I'm waiting in tears looking for my baby, and I wonder where can she be?

I saw my baby one morning, and she was walking on down the street
I saw my baby one morning, yes she was walking on down the street
Made me feel so good until my poor heart would skip a beat

I got a bad feeling, my baby, my baby don't love me no more
I got a bad feeling, my baby don't love me no more
Now the sky's been crying, the tears rolling down my door



NOW WRITE YOUR OWN BLUES SONG!

Think of a historical or fictional character who had bad things happen to them. You are writing this song as if you were them.



Remember:

- Their life is really bad! No positive thinking!
- Choose one of the most annoying and depressing things you can think of that happened to them (or make some up!)
- Give your song a title - like "The Anne Boleyn Blues" or "The Voldemort Blues"
- Grammar don't matter in them blues!
- Try inserting "Yeah" or "Lord" or "Oh, no" before or after the main lyrics in each line
- Use exclamations, and emotion words!

Here's a couple of examples of blues verses:

The first line of the blues is always sung a second time,
Yeah, the first line of the blues is always sung a second time
So, by the time you get to the third line, you've had time to think of a rhyme

I woke up this morning, and my husband said he had bad news
Yes, Lord, I woke up this morning, my husband say he got bad news
He gonna chop my head off, and that's why I got dem Anne Boleyn blues!

NOW you are ready to write your own blues song! Oh, yeah, ain't dat da truth!



My Blues Song

REMEMBER:

- In a blues song, each verse has three lines.
- The first two are the same, or very similar.
- The final line should explain just how bad the situation is for your character!
- The last word on the final line should rhyme with the end of the first two lines.

Which character or historical figure is your blues song about?

.....

Verse 1:

.....
.....
.....
.....
.....

Verse 2:

.....
.....
.....
.....
.....



THE FOUR HUMOURS

Instructions: Read this historical factsheet and then complete the table and question on the following page

Before the 1800s, a lot of medical knowledge was based on what ancient Greeks termed "the four humours," an idea first introduced by Hippocrates over 2,000 years ago.

The four humours were fluids in your body that affected how your internal organs worked and changed your moods. Each was associated with a particular 'temperament'.

A lot of blood made you '**sanguine**', yellow bile made people '**choleric**', black bile made you '**melancholic**', and phlegm meant that you were '**phlegmatic**'.

Here is information about each of the **temperaments**, with the dominant **humour** shown in brackets.

Sanguine (Blood)

- A sanguine temperament was associated with the season spring and the element air.
- It was associated with the colour red, the colour of blood.
- A sanguine temperament meant displaying courage, hope, and playfulness. But it was also associated with fevers.
- Doctors thought that in order to cure some problems, they needed to bleed the patient. They often did this using leeches. No thanks!



That's right - leeches were used to bleed sick people!

Choleric (Yellow Bile)

- The choleric temperament was thought to cause restlessness and **aggression**.



- It was associated with the element fire and the summer season.
- Chamomile was used to treat what was perceived to be an excess of yellow bile, the humour associated with the choleric temperament.

Melancholic (Black Bile)

- Associated with the earth and Autumn.
- People who were inward-looking, serious, or sad were thought to have too much black bile.
- It was commonly associated with dietary or digestive concerns.
- To treat an excess of black bile, doctors might attempt to force patients to purge, or throw up!



Laurence Olivier playing the melancholic Hamlet in Shakespeare's famous play

Phlegmatic (Phlegm)

- The phlegmatic temperament was associated with the winter season and with the element water, the humour **phlegm** and the colour **blue**.
- Those who were thought to be predominantly phlegmatic were considered peaceful, calm, and thoughtful.
- Too much phlegm may be present if a patient had a **cough and cold**, or energy problems.



Use the information from the PowerPoint for this lesson, and the factsheet you have just read to complete this simple table showing the temperament and colour connected with each of the four humours:

HUMOUR	TEMPERAMENT	COLOUR

Which of the four temperaments are you, and why?

.....

.....

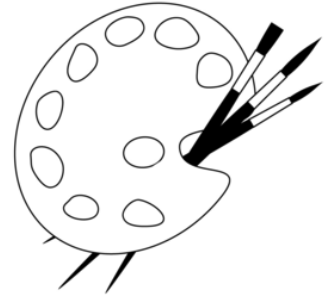
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Shades of Sadness

It's time to create your own sad picture. How will you make your picture look sad or solemn? Think about colours, textures, patterns and shading. Compose your abstract image in the space below.





The Sadness Quiz

Circle the correct answer

1. Which form of sadness was also the name of one of the 'four humours'?
 - a) Misery
 - b) Moodiness
 - c) Melancholy

2. What was the literal meaning of 'melancholy'?
 - a) Green gunk
 - b) Black bile
 - c) Yellow yuck

3. Which of these is the name of a kind of music about misery and misfortune?
 - a) The greys
 - b) The reds
 - c) The blues

4. What was the original meaning of the word 'sad'?
 - a) Empty
 - b) Full
 - c) Hollow

5. What phrase did Winston Churchill use to refer to his feelings of darkness and despair?
 - a) The green hamster
 - b) The yellow cat
 - c) The black dog



Looking for Joy





Words for Happy Feelings

Ah, how good it is to be full of joy! But have you ever felt blissful?

The table below contains some joyful vocabulary.

Word	
Amused	
Bliss	
Cheerful	
Content	
Elated	
Excited	
Glad	
Happy	
Joy	
Pleasure	

I felt elated when.....

My favourite word to describe
feelings of joy and happiness:



"Singin' in the Rain"

I'm singing in the rain
Just singing in the rain
What a glorious feelin'
I'm happy again

I'm laughing at clouds
So dark up above
The sun's in my heart
And I'm ready for love
Let the stormy clouds chase
Everyone from the place
Come on with the rain
I've a smile on my face
I walk down the lane
With a happy refrain
Just singin',
Singin' in the rain

Dancin' in the rain
Dee-ah dee-ah dee-ah
Dee-ah dee-ah dee-ah
I'm happy again!
I'm singin' and dancin' in the rain!
I'm dancin' and singin' in the rain...





What are these animals feeling? Add a speech bubble to each picture to suggest what they would say about their feelings if they could speak!





Philosophies of happiness

Which of the following sentences do you agree with most:

1. 'A good person should always aim to bring the maximum happiness to the maximum number of people.'
2. 'You can't be truly happy and flourishing unless you are living a morally good life.'
3. 'The only thing that ultimately matters in life is pleasure.'

When you've decided which one you agree with most go to the corner of the room that represents your opinion:

If you chose option 1, go to the utilitarianism corner.

If you chose option 2, go to the flourishing corner.

If you chose option 3, go to the hedonism corner.



Find and underline the metaphors in this song:

'Happy', by Pharrell Williams

It might seem crazy what I'm 'bout to say
Sunshine she's here, you can take a break
I'm a hot air balloon that could go to space
With the air, like I don't care baby by the way

CHORUS

Because I'm happy
Clap along if you feel like a room without a roof
Because I'm happy
Clap along if you feel like happiness is the truth
Because I'm happy
Clap along if you know what happiness is to you
Because I'm happy
Clap along if you feel like that's what you wanna do

Here come bad news, talking this and that
(Yeah) Well, give me all you got, and don't hold it back
(Yeah) Well, I should probably warn you I'll be just fine
(Yeah) No offence to you, don't waste your time
Here's why

CHORUS

Hey, come on, uh
Bring me down, can't nuthin' (happy)
Bring me down
My level is too high to bring me down (happy)
Can't nuthin', bring me down (happy)
I said, let me tell you now, unh (happy)
Bring me down, can't nuthin', bring me down (happy, happy, happy)
My level is too high to bring me down (happy, happy, happy)
Can't nuthin' bring me down (happy, happy, happy)
I said

CHORUS



REGGAE MUSIC

Fact File

Use the information on the PowerPoint slides to fill in the gaps

Reggae is a kind of music that originated in the Caribbean country of

_____ in the late _____. It has roots in lots of

different kinds of music and also is linked to the religion of



_____. One of the most

famous reggae singers was Bob

_____, who lived from 1945 to 1981.

His songs included "_____ Song"

and "One _____".

Reggae is one of many ways West Indian music, sport, ideas, and

people have brought joy and happiness to modern Britain. During the

1980s, the British band _____ became one of the world's most popular

reggae groups. Their hits include '_____ Town', which is about

Jamaica's capital city.

West Indian music and culture is celebrated each year in London at the

_____ Carnival, which first took place in _____.

Today it attracts around _____ million people every year.



The Happiness Quiz

Circle the correct answer

1. What was the original meaning of 'joy'?
 - a) A jewel
 - b) A jelly baby
 - c) A jig
2. Which country was the birthplace of reggae music in the late 1960s?
 - a) England
 - b) Nigeria
 - c) Jamaica
3. What was the original meaning of 'happy'?
 - a) Sad
 - b) Over-excited
 - c) Lucky
4. Which great scientist wrote a book about emotions in humans and other animals?
 - a) Leonardo da Vinci
 - b) Charles Darwin
 - c) Marie Curie
5. What does someone who believes in 'hedonism' value above all?
 - a) Pleasure
 - b) Intelligence
 - c) Money
6. Which of the following is the title of a famous film from the 1930s?
 - a) *Dancin' in the Dark*
 - b) *Singin' in the Rain*
 - c) *Giglin' in the Gutter*
7. What philosophy says that we should aim to achieve 'the greatest happiness for the greatest number'?
 - a) Happyism
 - b) Utilitarianism
 - c) Antidisestablishmentarianism



My FINAL Developing Emotions Reflections

These are the things I most enjoyed doing during the Developing Emotions lessons:

- 1.
- 2.
- 3.
- 4.
- 5.



Which new emotions words do you most like saying or using?

Scribble space: Draw a final emotional picture, piece of abstract art, or emoji to finish the Developing Emotions lessons.



