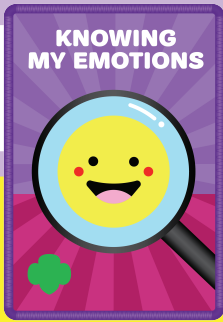


**Knowing My Emotions patch**  
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

# 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**

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 as if about to draw on the 'Angry' label. The drawing area is a white rounded rectangle with a decorative top edge.



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

# Express Yourself & Write It Out

The first step to embracing your emotions is having the courage to express the way you feel. Select an emotion from the Feelings Wheel, then write a poem about everything it brings up for you.



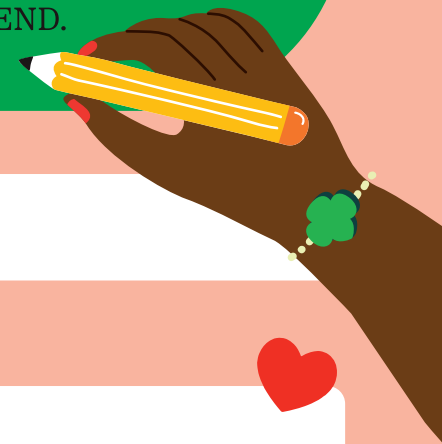


### Finding My Voice patch

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

# Your Words Count

This activity gives you the chance to care for the friends you love, and for anyone else who may need it most. Brighten up their day by writing a poem where each line begins with a letter from the word FRIEND.



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## Showing Up For Me and You patch

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

# Show Up For Yourself & Every Emotion

You can get through anything if you have a plan in place. It helps to think about emotions and how to handle them before you experience them. That way, you'll know what to do when they strike! Select an emotion from the Feelings Wheel, then create a visual guide of ways to nurture yourself whenever that emotion comes up.





### Showing Up For Me and You patch

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

# Create a Self-Care Plan That Works for You

Knowing how to handle each feeling whenever it comes up gives you the confidence you need to get through anything. On the page below, jot down some activities you love and what it is about them that brings you joy. Add some words of affirmation and people you can talk to when you need a little self-care. Remember, you got this!

## Activities

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## What brings you joy?

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## Words of affirmation

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## People to talk to

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