

Think of some emotion words that you associate with Christmas time

happy

excited

grateful

worried

disappointed

jealous

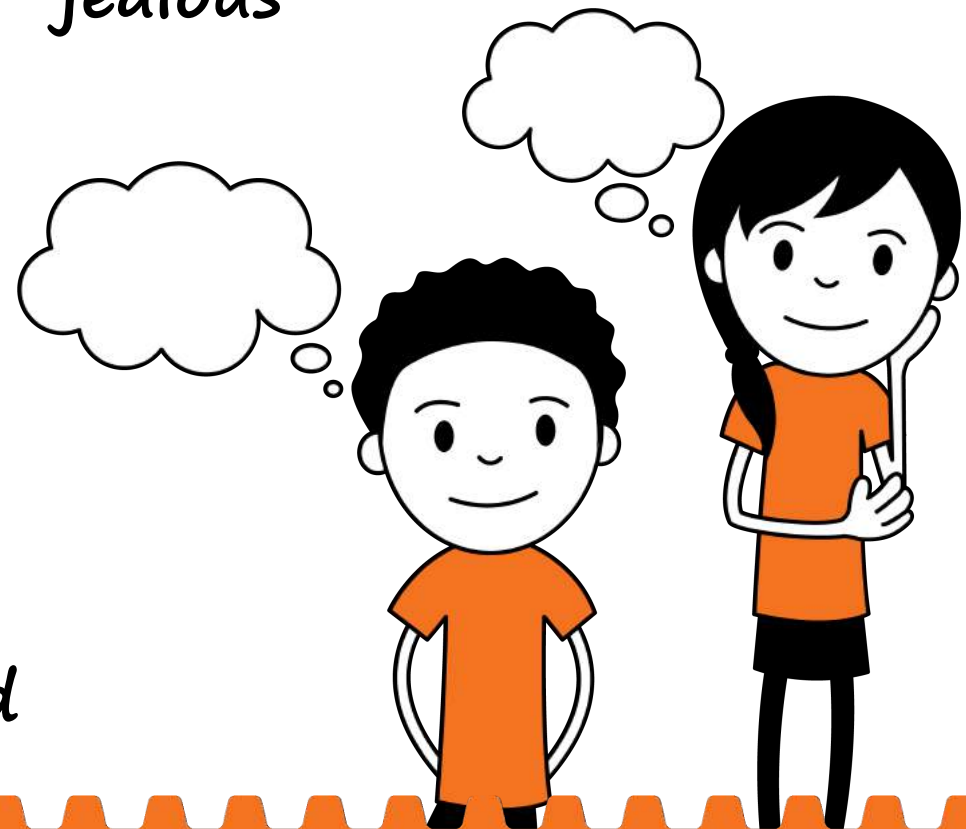
grumpy

thankful

delighted

sad

bored





Draw or write in the paper chain strips to match the emotion cogs



last year I didn't get something I really hoped for



my heart sank



disappointed



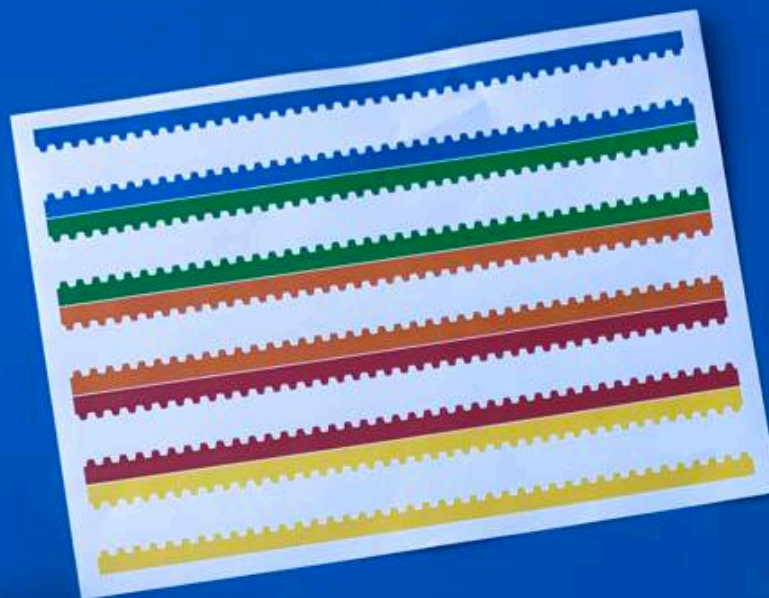
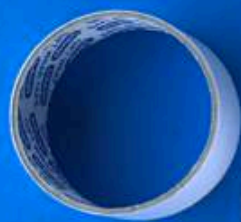
probably my face was disappointed but I tried to smile



I told myself about all the other good presents I got



Cut out the strips and make your emotion paper chain



5 > CHRISTMAS EVE BESTING < 3 >

we ALL I love ~ TINGLES ~

||| EXCITED |||

being crazy - jumping - talking

try to be calm so I can get to sleep. Lie still. Breathe.

Sad & sorry for them
in my heart ♥

thinking sad things sit still

be kind to a homeless person. Be grateful.



Decorate your
classroom or
Christmas tree

