

# My Emotions Are My Friends

Our emotions are always with us, cheering us on and looking out for us in their own way, just like a group of friends! Let's get to know a few of them with this sneak-peek of **My Emotions Are My Friends** the new mindful activity- book from **BrightenUp! Kids®!**



## Happiness

### Happiness Jar

Let's create a place to store all your happy memories!

#### How To Do It

Close your eyes for a moment and imagine you're holding something that you can put your happy moments inside, as if they were real things. It can be a jar with a lid, a box, a treasure chest... Really try to visualize the colors and textures of your happy moment holder.

### Happy Treasures

Now think of something that makes you smile. It could be something your friend did, a cuddle from your pet, playing your favorite game, or even just thinking of a nice sunny day. Imagine that moment is a sparkly treasure, and put it into the Happiness Jar inside your mind. With each happy thought, add a new happy treasure to your jar.

#### Let's talk about it

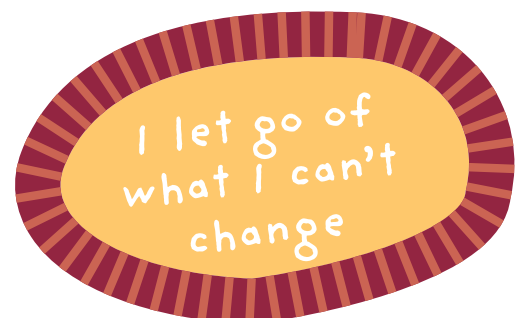
- How does it feel to collect happy treasures in your jar?
- Why do you think remembering happy moments can help?



## ANGER

### Meet Anger

Did you know Anger is actually a very caring friend? Anger can give us courage to stand up for ourselves! Anger can also give us energy to practice and get better at something. It can even help us solve problems and find solutions when something is wrong or seems unfair. Have you ever felt angry when someone was being treated unfairly? That's anger reminding you to stand up for what's right and it shows you care. Doesn't that sound like a great friend to help you out every now and then?





## Emotion Map

Think about sadness.

Where do you notice it in your body?

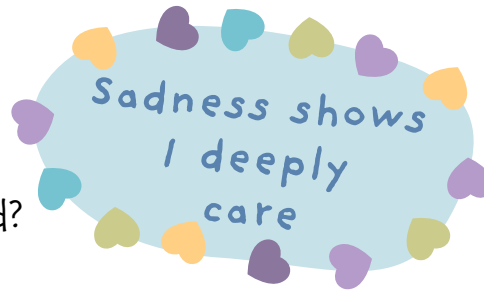
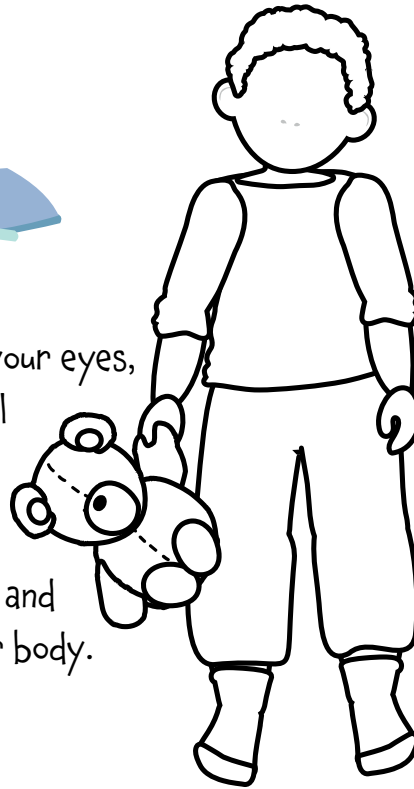
Does it sit in your throat? Or maybe in your eyes, the corners of your mouth, or do you feel a heaviness in your legs?

### Color your feelings

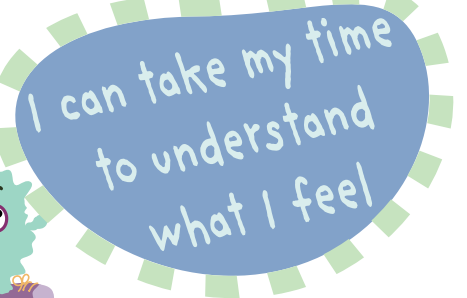
Pick a color that reminds you of sadness and color where you feel this emotion in your body.

### Let's talk about it

- Why do you think sadness shows up in this part of your body?
- What happens to your face when you feel sad?
- What else can happen when you feel sad?



Thank you



We hope you've enjoyed this sneak-peek! There are over 50 more mindful activities to get to know and love your emotions like they're your friends in **My Emotions are My Friends** the new mindful activity- book from Brightenup! Kids®!

Have you ever thought about how an erupting volcano affects its surroundings or at what moments it can feel like you have a storm blowing inside of you?

Find out how your emotions can be helpful friends in **My Emotions Are My Friends**

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