

The Mind-Body Connection



Color the parts of the body where you feel the corresponding emotion.

-  red - anger
-  orange - anxious
-  yellow - happy
-  green - jealous
-  blue - sad
-  purple - scared
-  pink - love

What makes you feel:

Anger _____

Anxious _____

Happy _____

Jealous _____

Sad _____

Scared _____

Love _____

