# Feelings Bloom Ball

Bloom Balls are a fun way to process information with kids. This KITS Feelings Bloom Ball was created as a tool for parents and teachers to help kids talk about and understand their feelings.

**Getting Started:**

- Brainstorm a list of feelings and talk about how each of them feels. How does it feel in your body? What does that feeling look like on a person's face?
- Choose up to 6 feelings to include on the panels of your Bloom Ball. You can simplify by choosing fewer feelings and shading in the filler panels.

**Some ways I might feel...**

| | |
|---|---|
| Happy | Scared |
| Sad | Content |
| Angry | Confused |
| Excited | Unsure |
| Nervous | Loving |

This set includes all of the 12 panels you will need to assemble your bloom ball Each sheet has two panels.

The first panel says: "**Sometimes I feel _____.**" Here you or your child will name a feeling. In the space below they can draw or write more about how that feeling looks or feels on their face and in their body.

The second panel says: **When I feel _____ I like...**" This is a space for your child to draw or write what they like when they are feeling each emotion.

**Assembling the Feelings Bloom Ball**

After filling out the feelings panels, they will be cut **around the circle** only.

Fold the tabs on the solid lines around the pentagon. The folds should be made towards the writing.

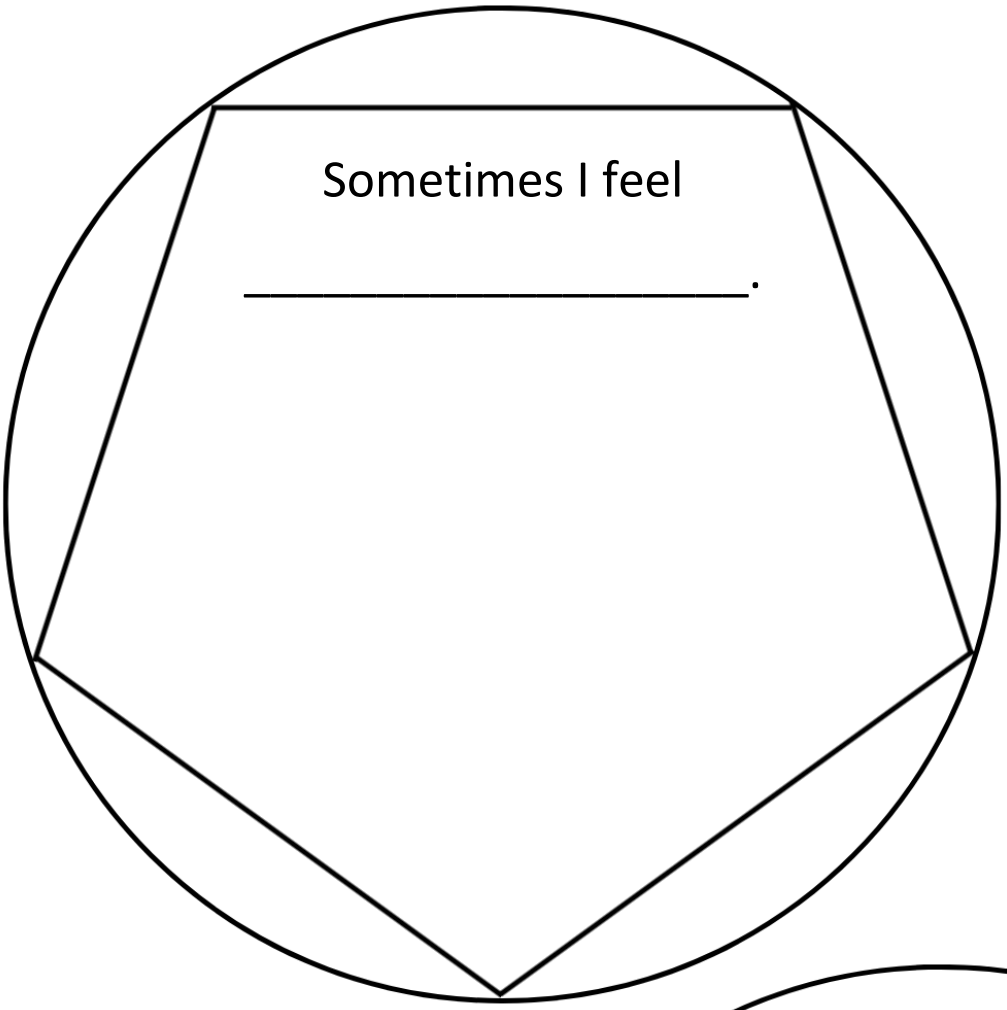
Staple or glue the tabs of one circle to another circle. As you continue, the Bloom Ball will come together as in the pictures.

There will be:

- (1) circle on top
- (1) circle on bottom
- 2 levels of (5) circles in between

**HAVE FUN!**

**And keep talking about feelings.**


Sometimes I feel
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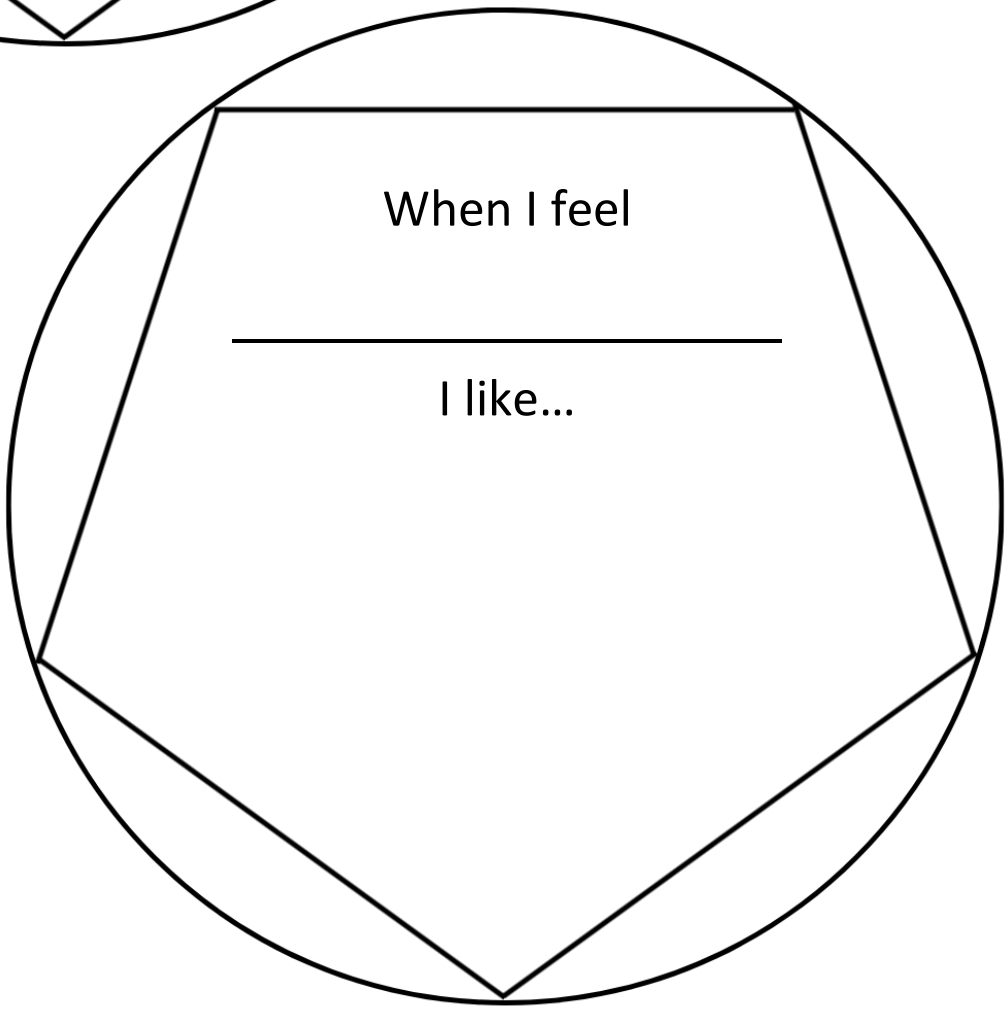
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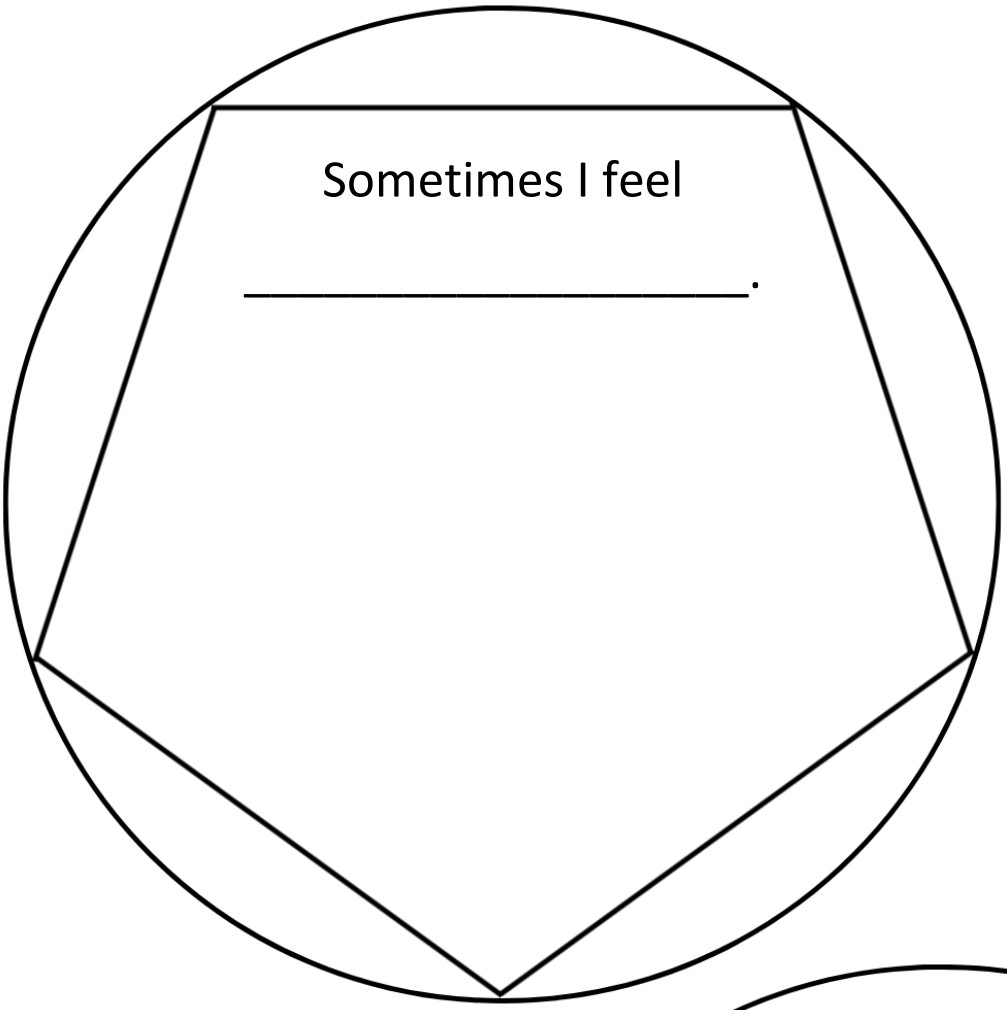
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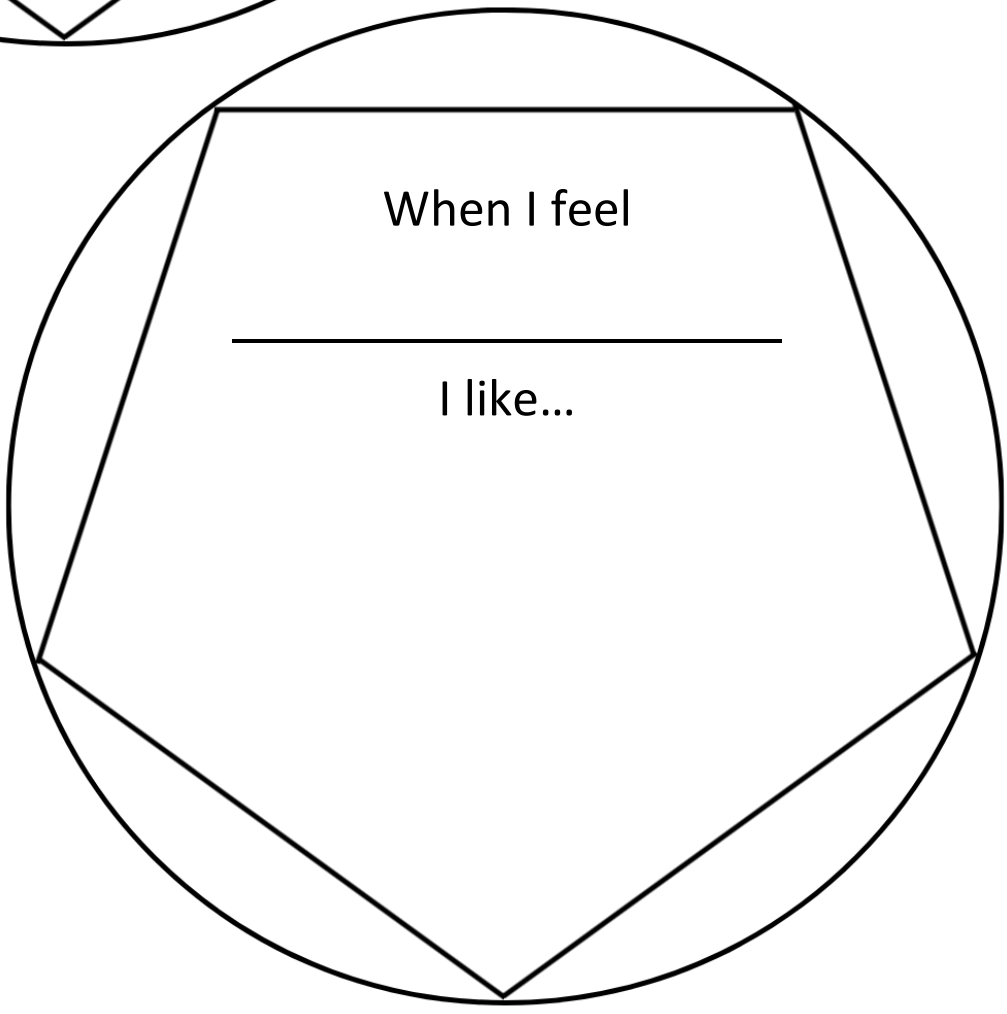
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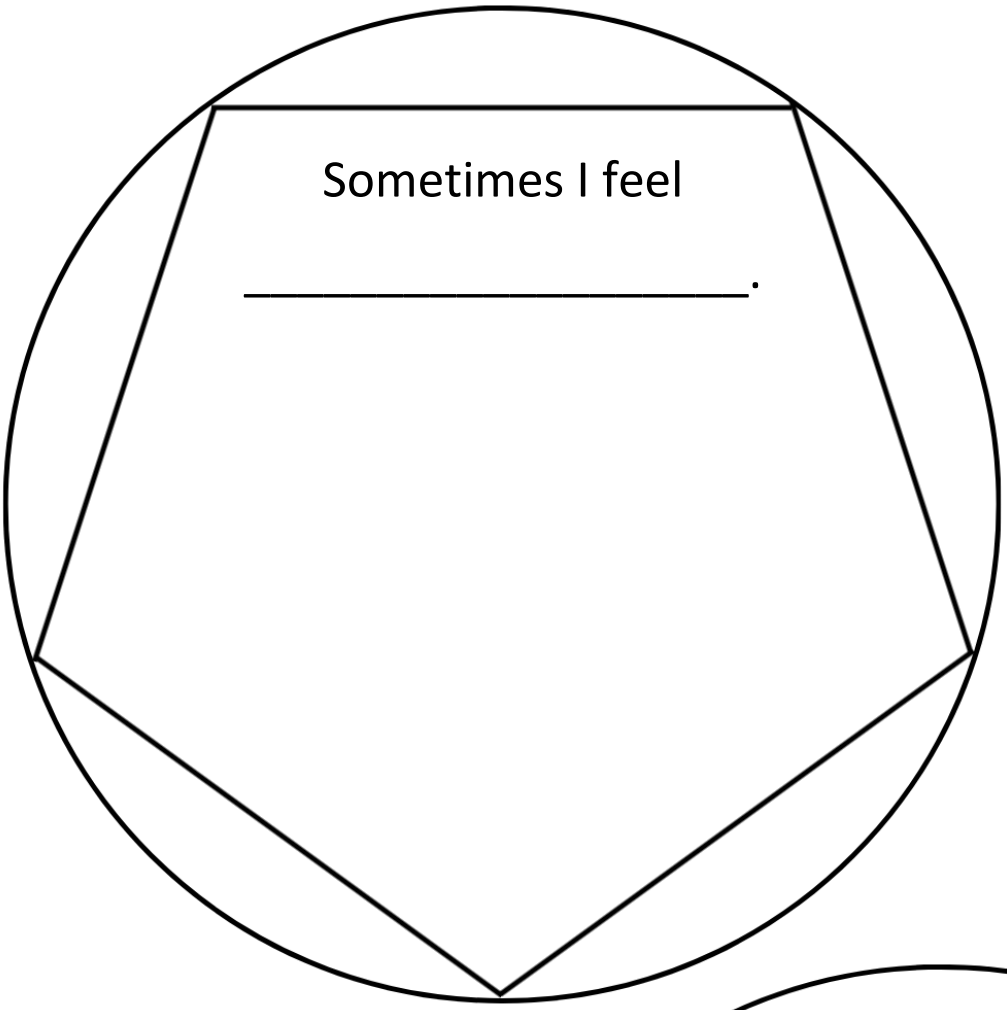
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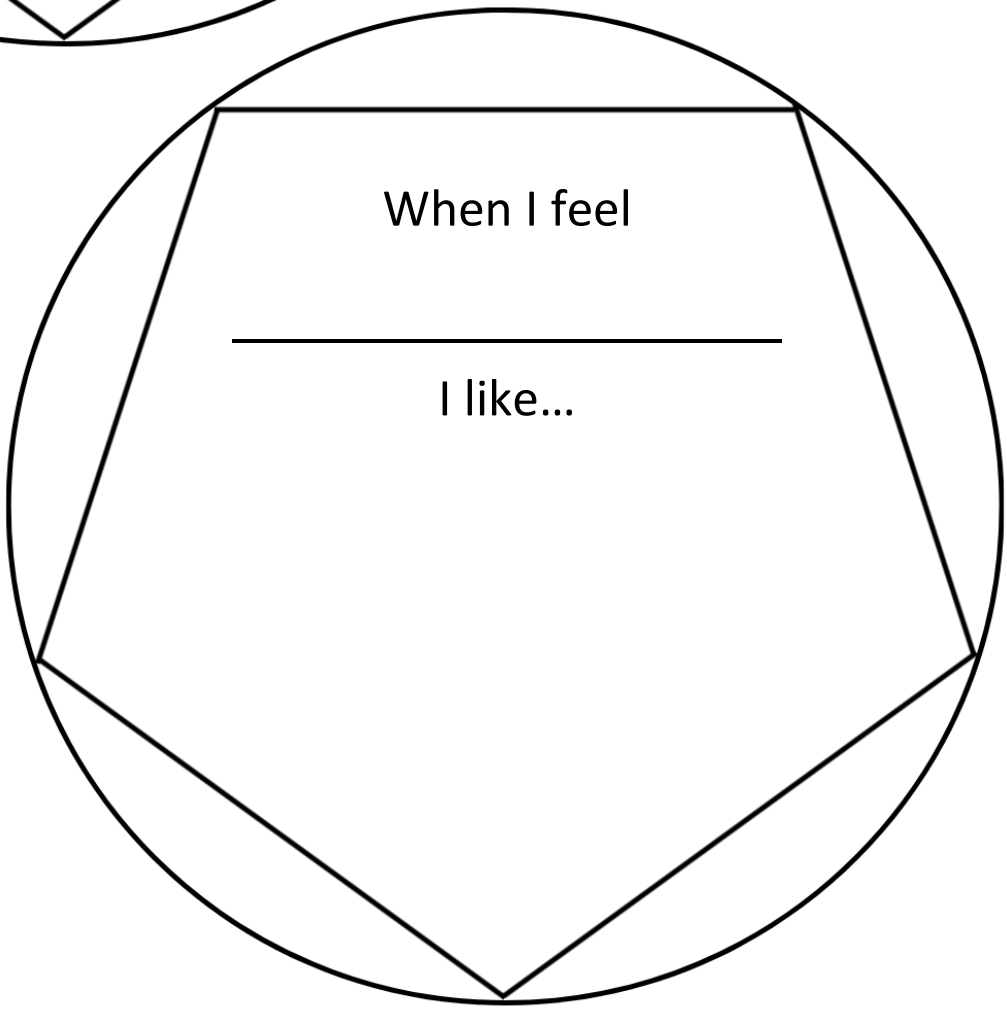
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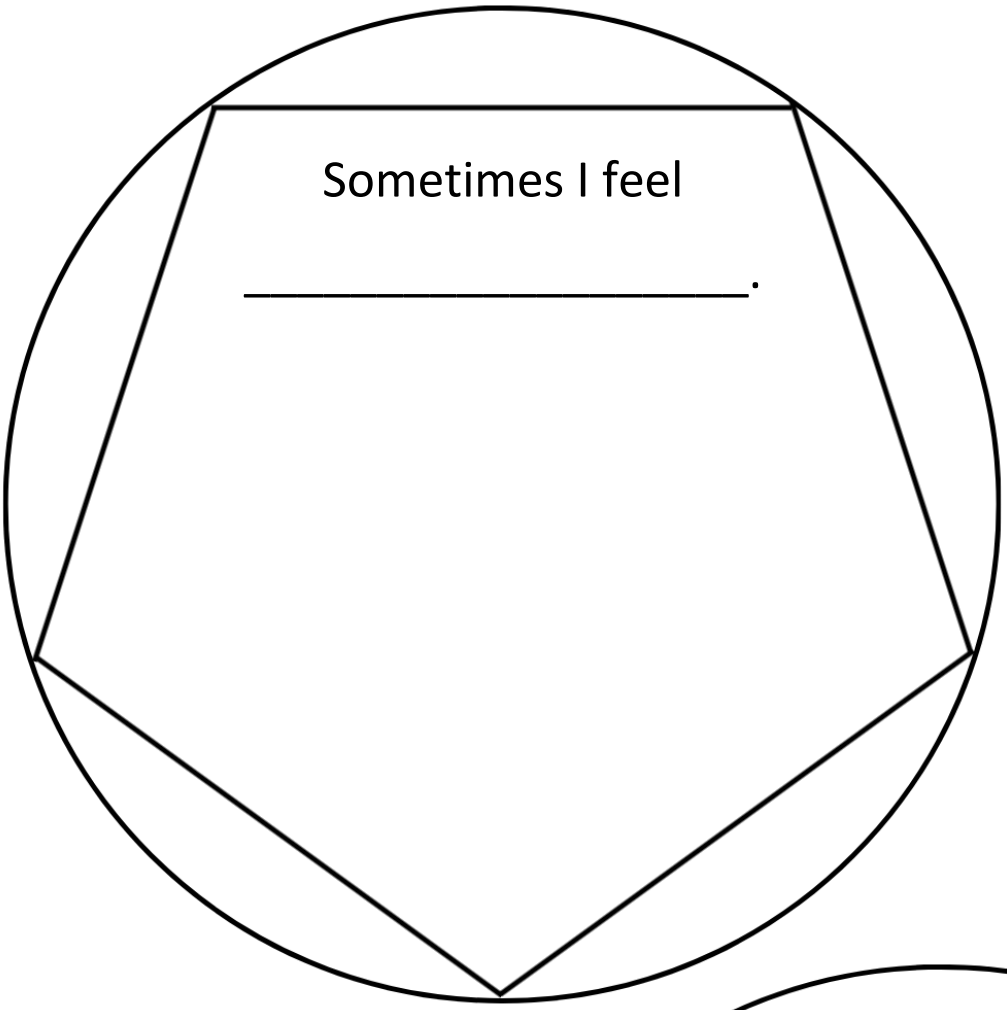
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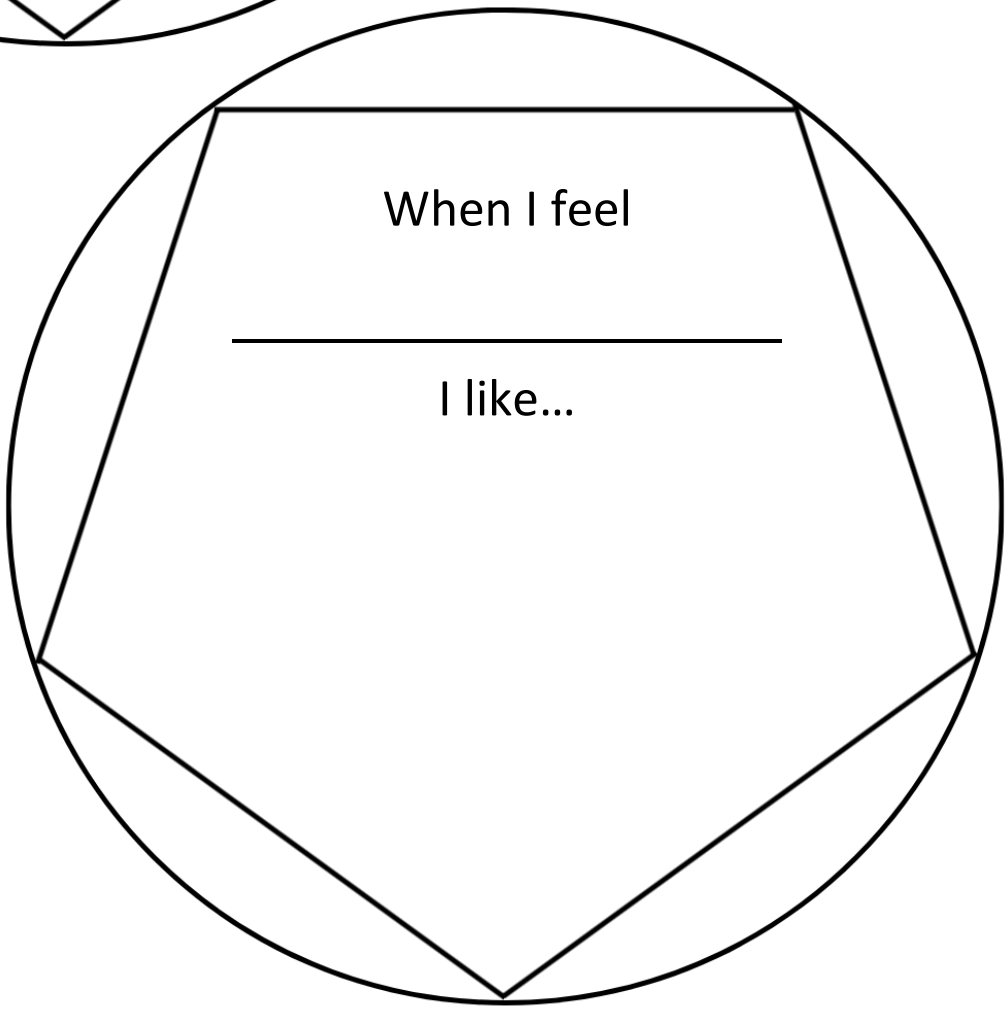
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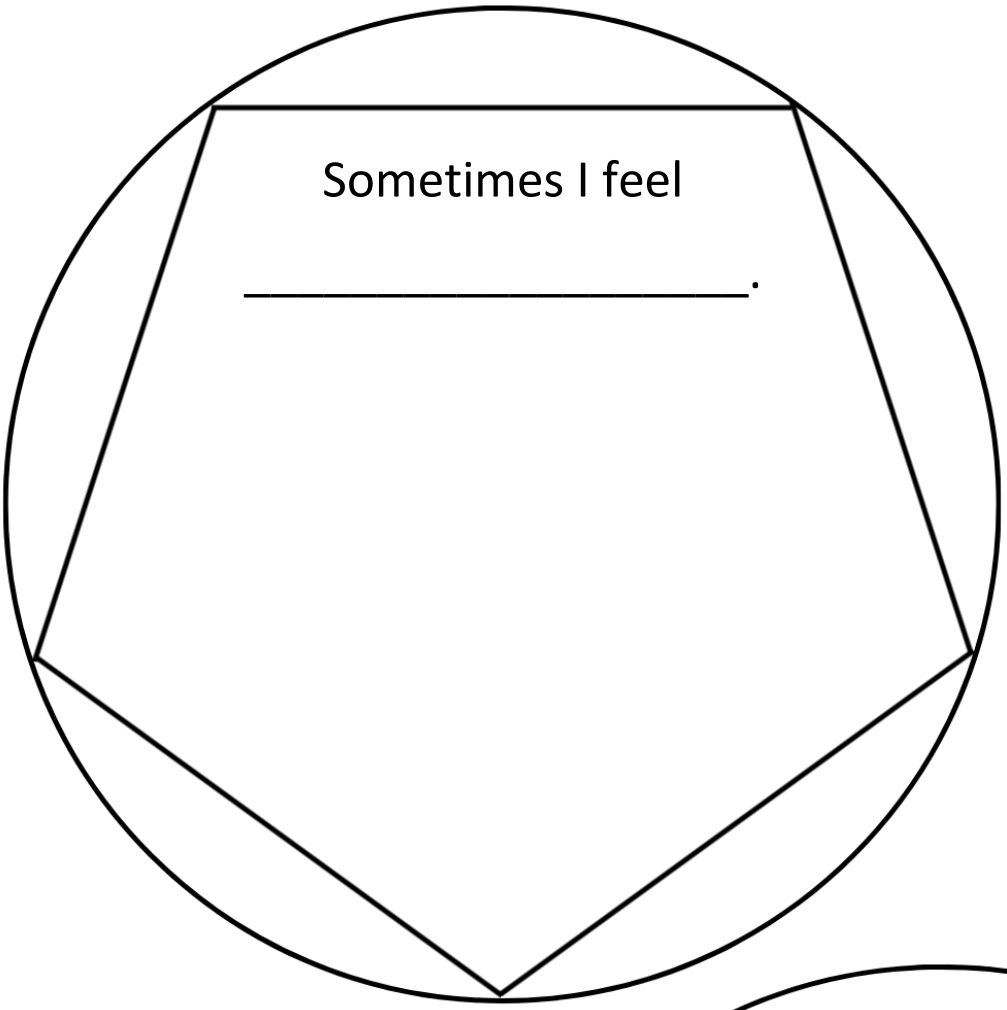
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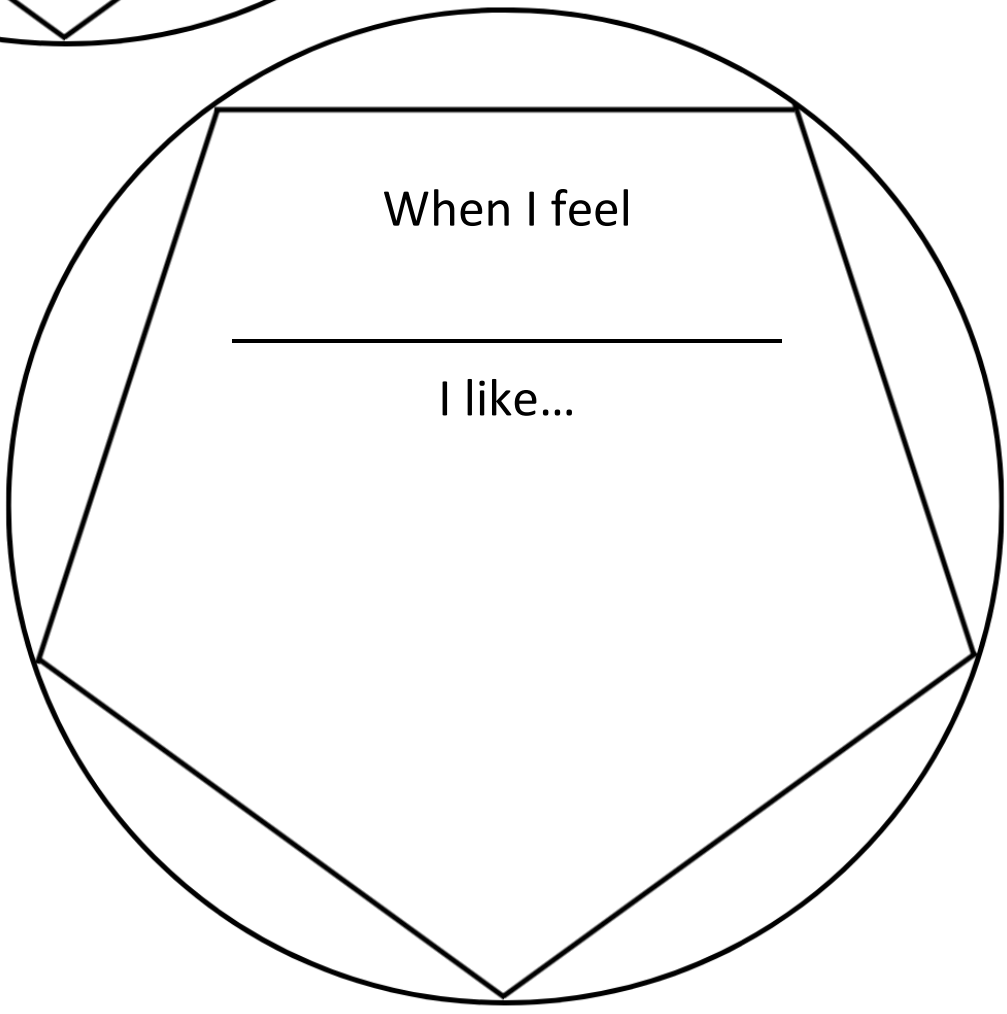
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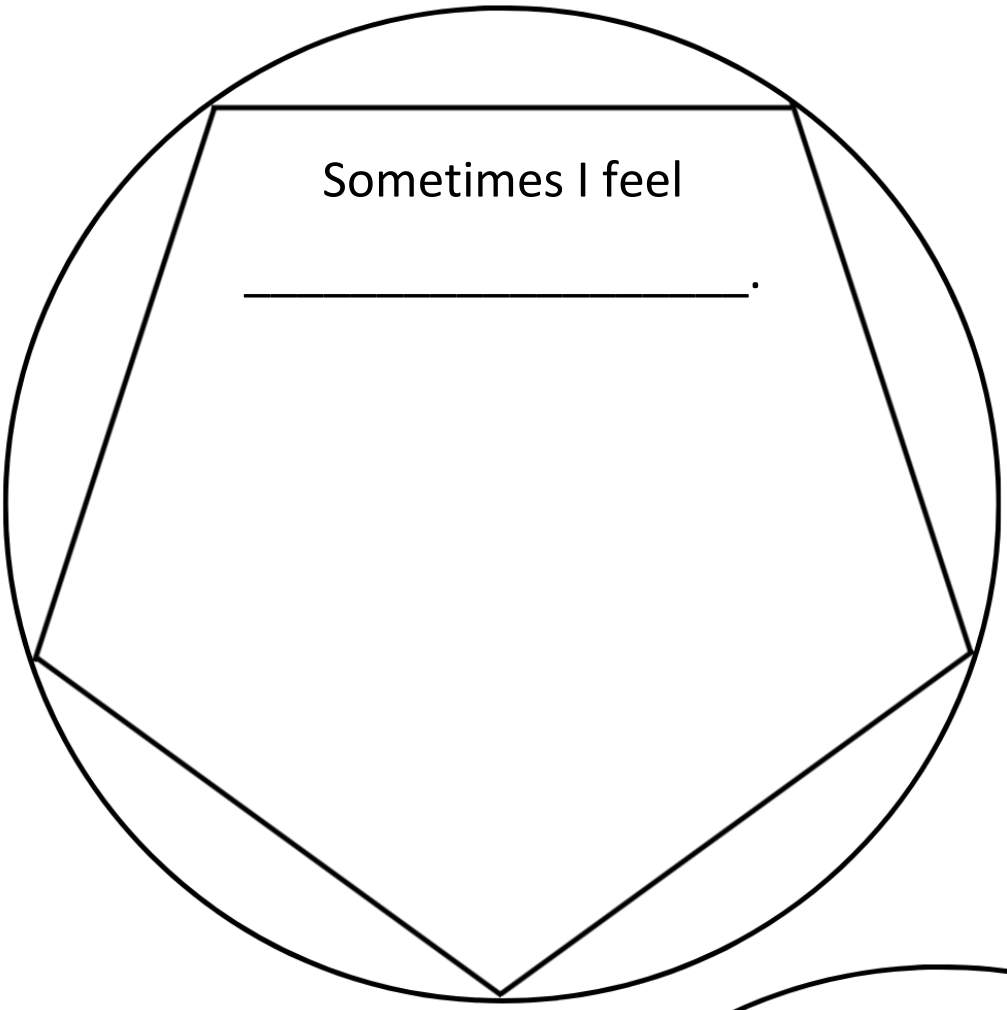
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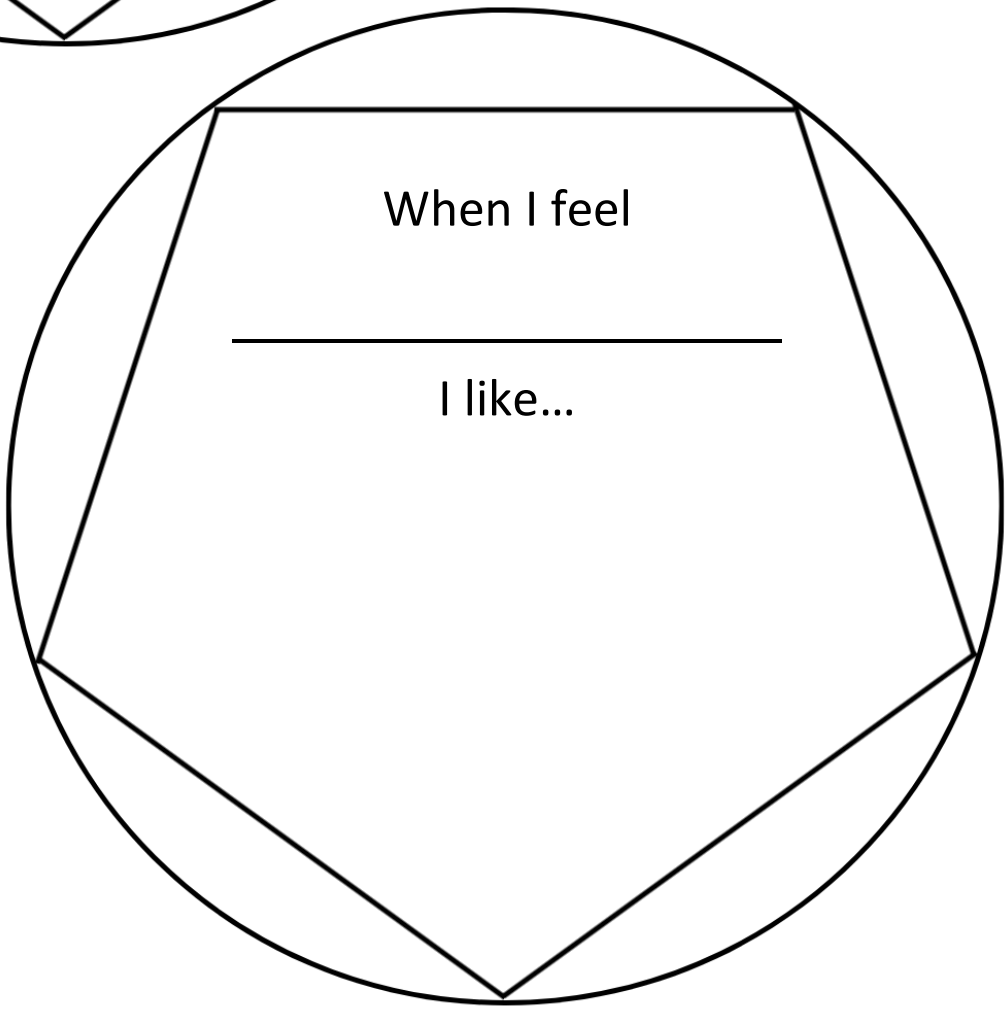
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