

## Student Worksheet

# My Emotion Thermometer

Write the following in your notebook **every day** before working on that day's activities.

Right now, I feel \_\_\_\_\_ because \_\_\_\_\_



**Furious**



**Mad**



**Okay**



**Happy**



**Sad or Tired**



**Emotions**

### Other Sample Emotions

- Joyful
- Confused
- Stressed
- Bored
- Irritated
- Excited
- Worried
- Nervous

Be honest about how you feel. Every feeling is recognized!

# Pre-Post Assessment



AMAL ALLIANCE  
EMPOWERING GLOBAL CITIZENS

التعليم  
فوق  
الجميع | education  
above  
all

Please **administer** these questions before and after the Colors of Kindness Program. Select your response and find the total score as per this scale:

<i>Strongly Agree</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	<i>I Don't Know</i>
<b>+3</b>	<b>+2</b>	<b>1</b>	<b>-1</b>	<b>-2</b>	<b>0</b>

I know when I am happy, sad, or angry.



I am able to calm down when I'm upset.

I like playing with others and can make new friends easily.



I am unique.

I can name three things that I am grateful for.

I respect people that are different from me.

I can understand when another person feels happy, sad, or angry.

I think about other people when making a decision.

I have goals and plan to reach them.

I think about the future and believe it is wonderful.

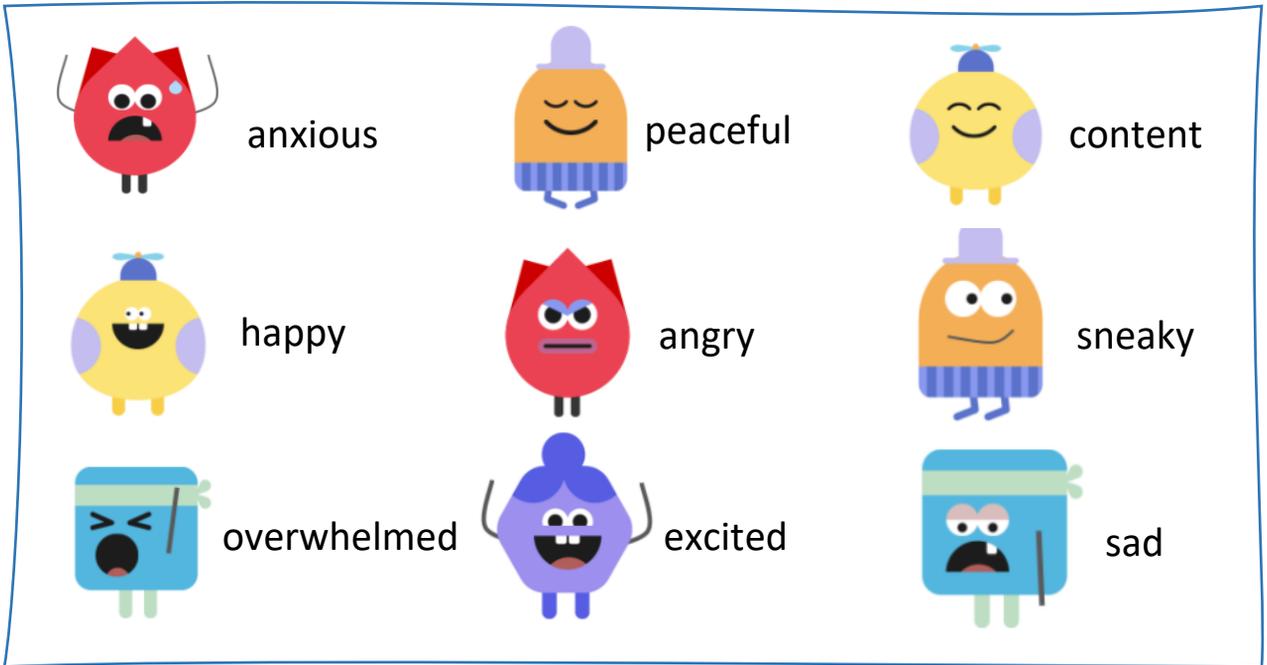


## Red Cloud



## Emotions Charades

- Act out the following emotions.
- Ask your friends/family to guess which emotion it is.



## Day 2

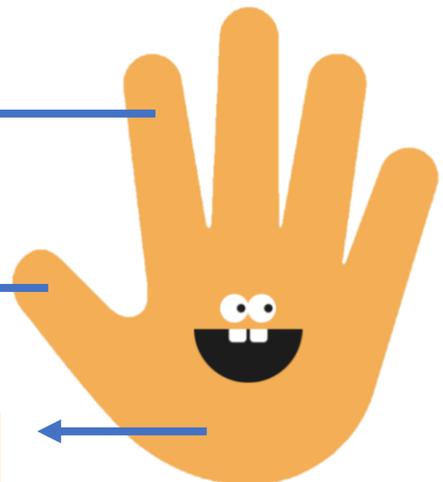
## I Am Worthy

Spread your fingers wide on a piece of paper. Trace them with a pen. **Write or draw:**

A quality that makes you unique (on each finger).

Something about yourself that you're proud of.

A dream, hope, or goal of yours.



## Orange Cloud

## Select the Mindful Action!

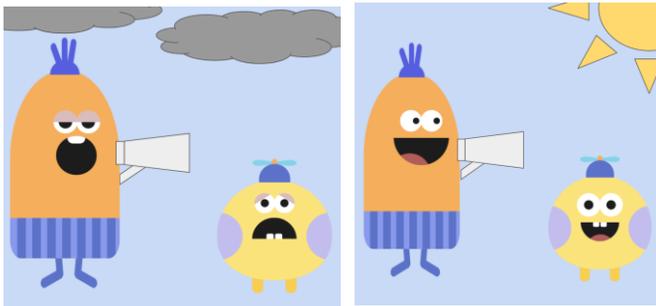
### Throwing out the trash



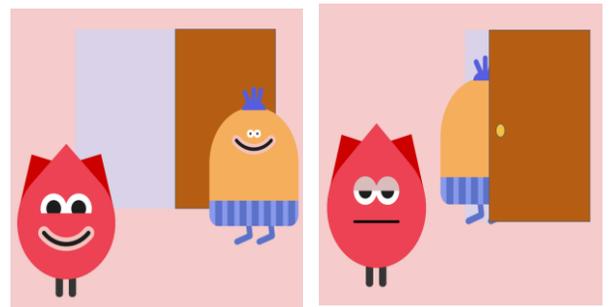
### Cleaning the house



### Speaking with someone



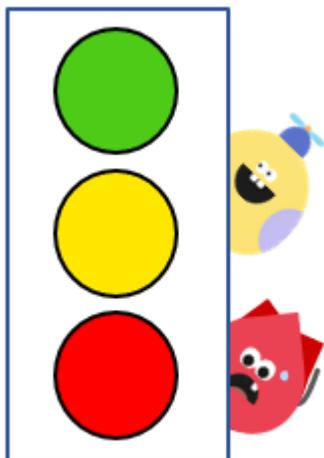
### Closing the door



**Think:** Why are the selected actions 'mindful'?

# Day 4

## Stoplight Game



Pay attention to the commands and act:

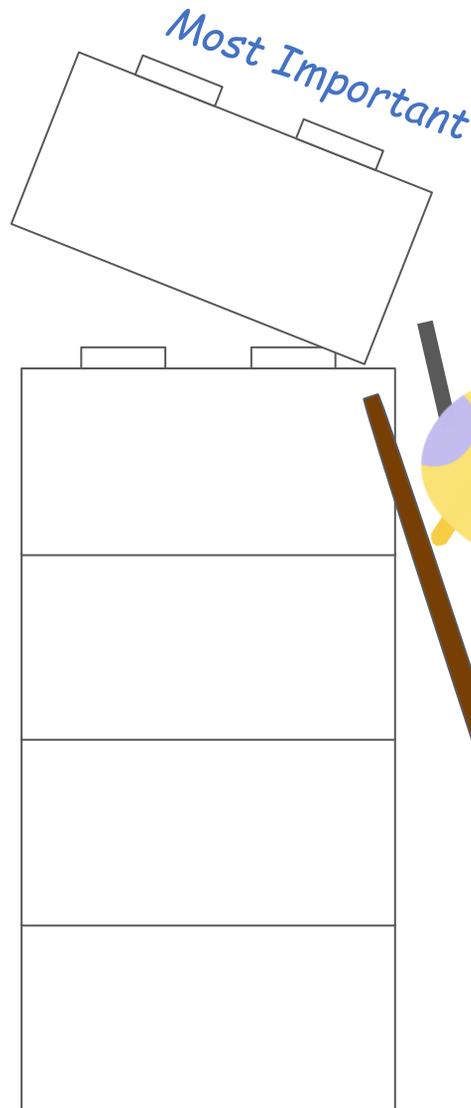
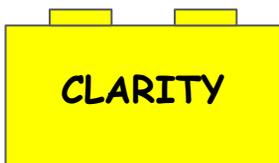
- **Green Light** = Walk around the room.
- **Yellow Light** = Move around, but at a slow pace.
- **Red Light** = Stop whatever you're doing immediately.

## Yellow Cloud

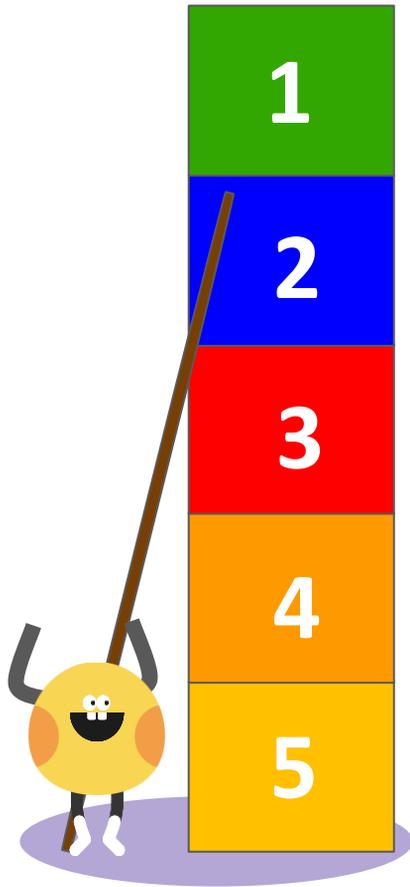


## Tower of Success

Color or label the five blocks (below) in the tower in the order you feel will be the most successful in helping you achieve your goals.



Share your Tower of Success with your family and explain why you put the blocks in that specific order.



**1** Identify the problem or conflict to be solved.

**2** Gather relevant information.

**3** Brainstorm possible solutions.

**4** Identify the potential consequences.

**5** Make a choice and take action!

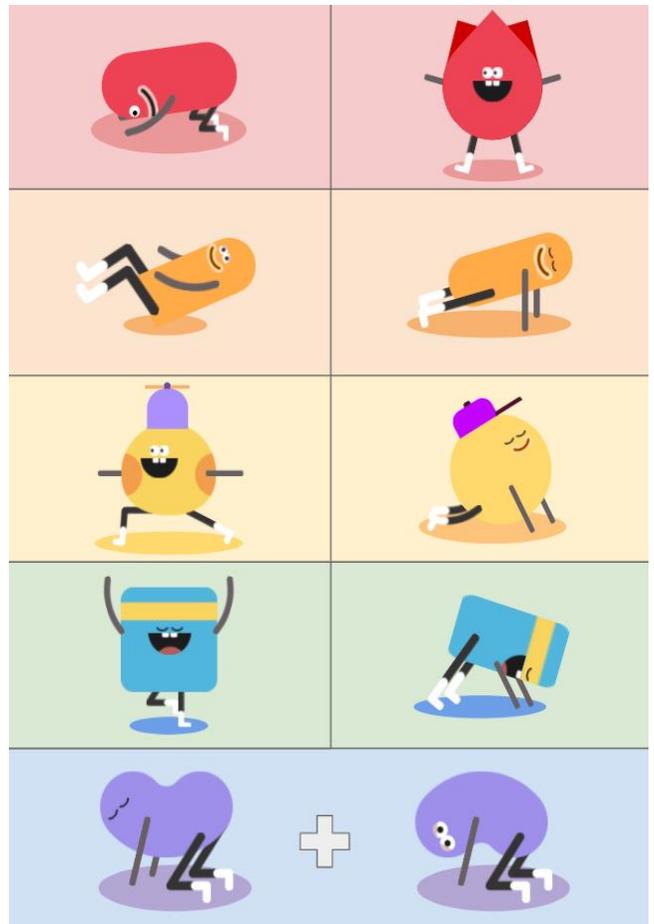
## Day 10

### Blue Cloud



## Stretch of the Day

Do all the poses - Turtle, Star, Boat, Alligator, Airplane, Cobra, Tree, Downward Dog, Cat & Cow – one after the other.



**Imagine That!**

1. Draw a picture of yourself in any type of surrounding – beach, forest, home, etc.
2. Show 5 objects as different shapes in your drawing and fill the table.

**Example:**



Shape	Object
<i>Eg: Circle</i>	<i>Sun, Tree</i>

3. Now, imagine and re-think what everything could look like. Change the shapes and colours of the objects in your drawing!
4. Add animals or objects to your drawing. Re-think their roles!

Item	Role	New Role
<i>Eg: Cow</i>	<i>Gives milk</i>	<i>Gives fruits</i>

Ask your friends or family what they like and dislike about schools. Create a pictogram of the top 5 things they like below:

Category	No. of Likes
<i>Eg: Library</i>	

**What is the most and least popular thing in schools?**

- Include your imagined professions, festivals, and school in it too!
- What would adults do?
- Where would the homes be? (*In the sky? in water?*)
- What would the transportation be? (*Could you have a balloon car?*)
- What kind of food would people eat?
- What type of animals are there in your world?
- What is one thing you dislike the most in the real world - how would this be different in your world?

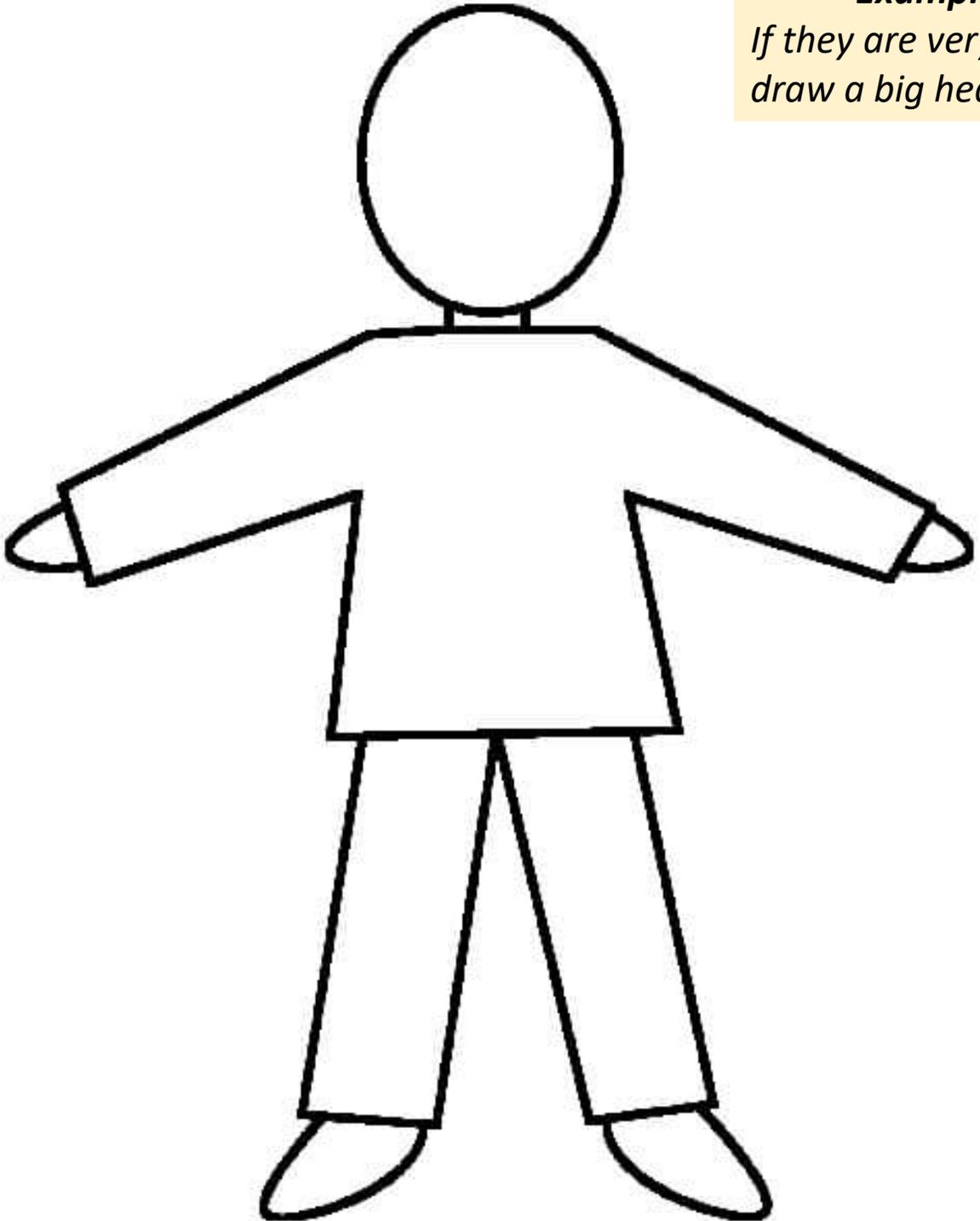


## Life Skills

## Inner Beauty

1. Choose a family member or friend for this activity.
2. In the outline below, fill it with your partner's good qualities, interests, and talents.

**Example:**  
*If they are very kind,  
draw a big heart.*



# DUKDUK

Written by Sanjana Kapur

Sia and her brother, Roni, used to play all the time. They'd explore caves under the staircase and fight the aliens on the mango tree in the backyard. Roni always made Sia laugh.

But it has been a long time since they played together. Roni doesn't like playing with anyone these days! "Why don't you feel like playing?" Sia yells at Roni. "I don't want to," Roni says.

"I am stuck with a big monster on my back".



Sia names the monster Dukduk. "Dukduk must be mean and grumpy," Sia thinks. "It feels like he's swallowed up Roni's smile."

Dukduk always seems to be with Roni. "Tell your monster to go away! I don't like him," Sia says.

Sometimes, Dukduk grows bigger than a truck. Roni gets angry about everything on those days. He even chews his food angrily!

Mama thinks she knows how to make Roni feel better. "You should go out for a walk. The fresh air will do you good," Mama says.

On other days Dukduk seems to be holding on to Roni. He doesn't even let Roni get out of bed.

Papa keeps telling Roni how to fix it. "What's wrong?" asks Papa. "Eat well and your problem will go away!"



There are days when Dukduk is small and floats around like a kite. Then Roni gets out of bed and plays with Sia. But he gets tired very fast.

“It’s all in your head. You just have to put your mind to it, and you will snap out of it,” everyone says. “I will try,” Roni says. “It isn’t that easy.”

It is Roni’s birthday today. Sia has baked a cake.

“Thank you, Sia,” Roni smiles. Sia frowns. Roni’s smile is very different these days.

Sia sits next to Roni.

“Is your new friend making you unhappy?”

Roni nods.

“I feel like being happy, but it’s hard work on most days,”

Roni explains.

“How long do you think your friend will stay?” Sia asks.

“I don’t know,” says Roni.

“It’s okay,” Sia says. “We can play whenever you feel like.”

Roni smiles his old smile. Dukduk becomes smaller.

Now Roni is even getting help from a doctor.

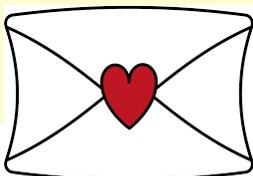
Dukduk is still there. On some rare days, he is big. Sia waits for them to pass.

Mostly, Dukduk is small, and on those days, Roni likes to play.



## Answer the questions below.:

1. Who are the main characters of the story?
2. How does Dukduk affect Roni’s life?
3. How do you think Roni felt when people kept giving him advice?
4. Do you think Dukduk is real? Why or why not?
5. Have you ever felt like there was a Dukduk holding you or your friend's back? If yes, how did you feel? What did you do?



Imagine you are Sia, make a birthday card for Roni with a positive message to make him feel better!