Texas Care | McHur Care

Holiday Feeling Friends

Coloring & Conversation Sheet

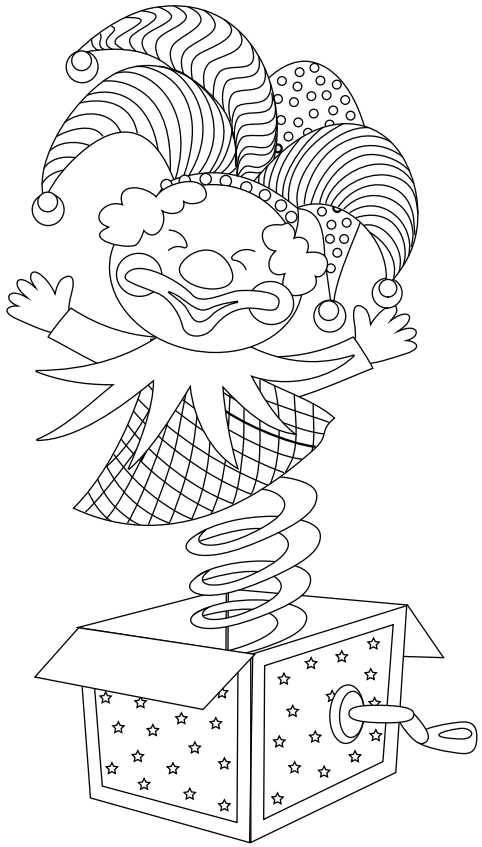
HOW TO USE THIS SHEET

The holiday season can bring up big emotions for little ones. Use this coloring sheet to help your child pause, explore, and talk about what they're feeling.

1. Start by letting them color in each character.
2. Ask: "Which Holiday Feeling Friend do you feel like today?"
3. Then talk through the questions to help them share more.

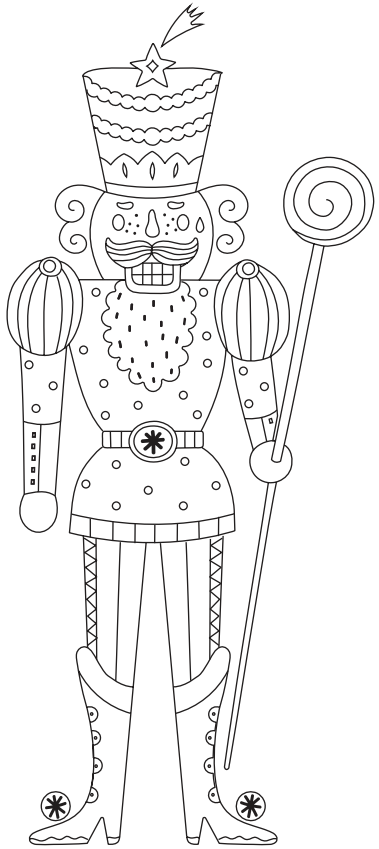
JUMPY JACK-IN-THE-BOX

Emotion: Excitement
"My body wants to move,
and I can't wait to have some fun!"



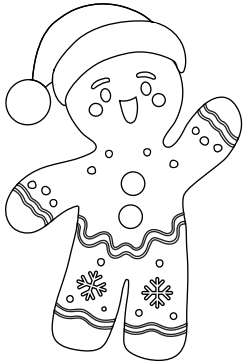
NERVOUS NUTCRACKER

Emotion: Anxiety
"Things feel a little unsure,
and that makes me worry."



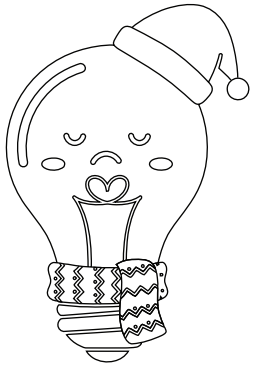
JOYFUL GINGERBREAD

Emotion: Happiness
"I feel warm and smiley when
I'm with family and friends."



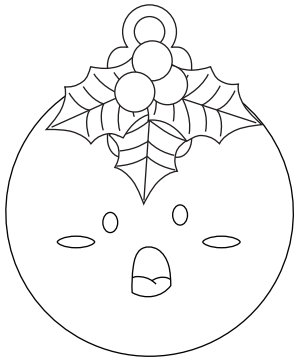
LONELY LIGHTBULB

Emotion: Sadness
"I miss someone or
feel left out sometimes."



OVERWHELMED ORNAMENT

Emotion: Frustration
"There's so much happening that
I don't know what to do first."



CALM COCOA CUP

Emotion: Calm
"Everything feels cozy, quiet,
and just right inside."



I AM FEELING

I FEEL THIS WAY BECAUSE

ONE THING THAT CAN HELP ME IS

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