

# MY FEELINGS FILES | SHADES OF EMOTIONS

Emotions can be big or small. You can use words to describe them.  
You can also show how strong a feeling is with shades of colours, like this...

**SADNESS**

<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>
<b>SMALL</b>				<b>BIG</b>