LUMIKA

My World of Emotions

20 printable activities • Ages 7–12

10 + 10

7–9 / 10–12

PDF • PRINT AT HOME

How to use

- Print only the pages you need.
- Activities 1–10: ages 7–9.
- Activities 11–20: ages 10–12.
- Use a pencil, eraser, and colored pencils.
- Activities can be paused and resumed.
- Adults can help with reading and discuss the topics.
- Word searches: look across, down, and diagonally.

Educational activity material; adapt the tasks to each child’s needs.

LEVEL 7–9 • ACTIVITY 01

Joy

Find the words, then write one sentence about the topic.

JOY • SMILE • PLAY

I	A	R	D	K	E	F	L	F	H	R
C	E	C	K	C	G	K	Z	J	H	V
U	Q	U	I	T	W	H	J	S	S	B
F	J	E	W	A	J	S	O	Q	M	G
V	C	K	K	Z	C	G	Y	Q	I	C
B	Z	S	F	X	A	A	O	V	L	J
E	R	T	T	P	J	N	Y	E	E	R
E	A	Z	D	L	L	C	A	X	V	F
M	H	A	Z	A	B	J	B	X	D	D
N	C	K	M	Y	O	I	J	U	G	H
T	P	Z	A	X	G	H	J	F	R	G

LEVEL 7–9 • ACTIVITY 02

Sadness

Draw something that could comfort a sad person.

LEVEL 7–9 • ACTIVITY 03

Anger

Think and answer: Write two safe ways to calm down when angry.

What would you do first? Why?