

# Anime Emotion Coloring Worksheets

21 pictures  
39 worksheets in all

Art by Midnight Cross  
Designed by Joel Shaul



Feeling: excited

I feel this way when \_\_\_\_\_



MAD.



Feeling: UPSET

I felt this way when  
no recess  
cuz its  
raining

To make it better I  
could think  
about weekend  
or some thing.

My name: chad.

This checklist is useful for kids to narrow down their list of sheets they want to work on. Try the checklist before printing out every sheet.



### FEELINGS CHECKLIST ~ page 1

Put a ✓ for important feelings you are remembering.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My name: \_\_\_\_\_

### FEELINGS CHECKLIST ~ page 2

Put a ✓ for important feelings you are remembering.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

My name: \_\_\_\_\_

There are two different kinds of worksheets for many of the emotions.

Pick one or the other according to the child's needs and their writing ability.



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

To make it better I could \_\_\_\_\_

My name: \_\_\_\_\_



If you just want kids to color, cut off the text portion.

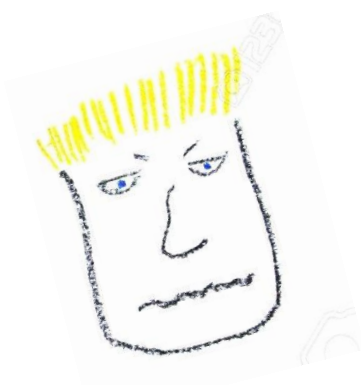
Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

My name: \_\_\_\_\_




Please note that a separate download has these pictures formatted onto cards.



Feeling: \_\_\_\_\_

I felt this way when	To make it better I could
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



For children who prefer making their own pictures,  
there are blank sheets.

I hope you enjoy this resource.

I would appreciate hearing from you with your  
own ideas on how to use these materials.

**Joel Shaul, LCSW**  
autismteachingstrategies.com

# Artist Bio

Midnight Cross is an Australian artist who specializes in anime art, using pens, ink and digital mediums to illustrate simple but whimsical characters. She has been developing her unique drawing style from a young age, when she watched her first anime, and fell in love with the amazing artistic culture. Her art has been displayed in several art gallery exhibitions, and she has won various awards in story writing and animation. Midnight Cross shares her art through her YouTube Channel where she uploads videos and tutorials on a regular basis. She shares her finished illustrations with Viewers on her Facebook and Instagram accounts.



Currently, Midnight is working on her own single volume manga titled 'Having Faith', which she plans to have published, along with various How to Draw books and original T-Shirt designs.

YouTube: <https://www.youtube.com/c/midnightxcross>

Instagram: <https://www.instagram.com/midnightxcross/>

Facebook: <https://www.facebook.com/midnightXcross/>

Twitter: <https://www.twitter.com/MidnightXCross/>

MIDNIGHT  CROSS

# FEELINGS CHECKLIST ~ page 1

Put a ✓ for important feelings you are remembering.

<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

My name: \_\_\_\_\_



# FEELINGS CHECKLIST ~ page 2

Put a ✓ for important feelings you are remembering.

<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

I got a little too  
excited, so I \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

I got a little too  
excited, so I \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I  
could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I  
could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I  
could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I  
could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

My name: \_\_\_\_\_





Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_



Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

---

To make it better I could \_\_\_\_\_

---

---

---

---

---

---

---

My name: \_\_\_\_\_

Feeling: \_\_\_\_\_

I felt this way when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_

Feeling: \_\_\_\_\_

I felt this way when

---

---

---

---

---

---

To make it better I  
could \_\_\_\_\_

---

---

---

---

---

My name: \_\_\_\_\_