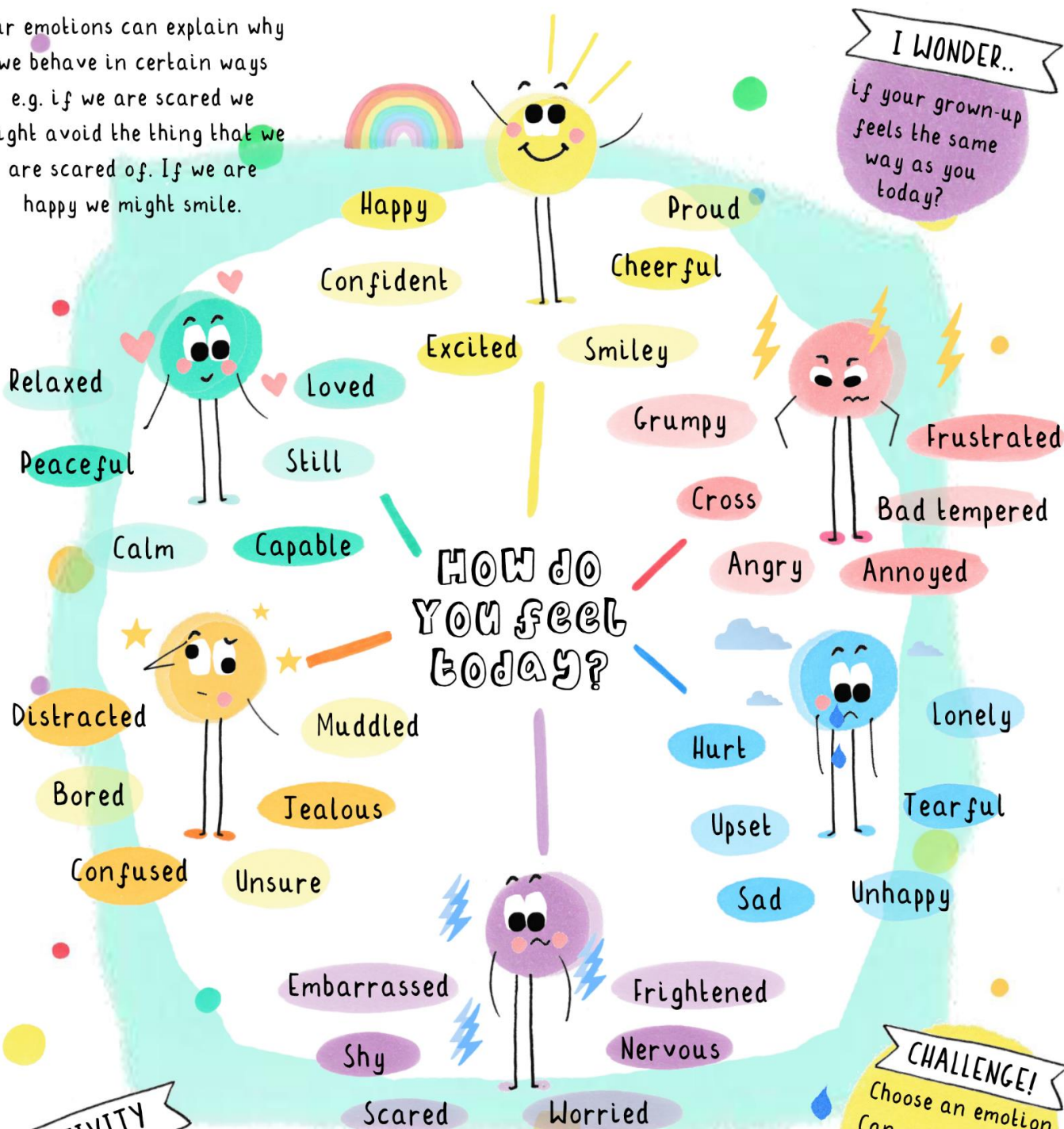


# EMOTIONS

It can be hard to describe how we really feel.  
Here are some common emotions that might help you.

Our emotions can explain why we behave in certain ways  
e.g. if we are scared we might avoid the thing that we are scared of. If we are happy we might smile.



**I WONDER..**  
if your grown-up feels the same way as you today?

## ACTIVITY

Talk about where you might feel these emotions in your body.

It is important to be able to recognise our emotions and how they make us feel.

It allows us to notice what we can do to feel better and when we might need to ask for help.

## CHALLENGE!

Choose an emotion.  
Can you act it out?  
Can your grown-up guess the emotion?

# HOW DO YOU FEEL TODAY?



**CHALLENGE!**

Try to recognise and record your emotions during the day.

Draw how you feel?

Emotion

Is there a reason?

Where do you feel it?

What do you need?

1/1/1

nervous

I am talking in assembly.

Butterflies in my tummy.

Breathing exercises and a cuddle.



**I WONDER..**  
whether your emotions change or stay the same?



## THE WORRY MONSTER

When we are worried it can feel like we have a monster in our mind. This monster can be big and loud, making it difficult to concentrate on what we are doing. The monster can cast a shadow over the present moment. We could call this monster our worry monster. Do you have a worry monster? Can you draw it below?





## WHEN I AM HAPPY ...

Your emotions can affect how your whole body feels and behaves. How do you look when you're feeling happy? Draw your happy face, arms and legs on the body below?



Does this emotion affect how you sound?

## WHEN I AM EXCITED...

Your emotions can affect how your whole body feels and behaves. How do you look when you're feeling excited? Draw your excited face, arms and legs on the body below?



Does this emotion affect how you sound?

When I Am Excited...

## WHEN I AM SAD...

Your emotions can affect how your whole body feels and behaves. How do you look when you're feeling sad? Draw your sad face, arms and legs on the body below?



Does this emotion affect how you sound?

When I Am Sad...

## WHEN I AM WORRIED...

Your emotions can affect how your whole body feels and behaves.

How do you look when you're feeling worried? Draw your worried face, arms and legs on the body below?



Does this emotion affect how you sound?

When I Am Worried...



## WHEN I AM ANGRY...

Your emotions can affect how your whole body feels and behaves.

How do you look when you're feeling angry? Draw your angry face, arms and legs on the body below.



Does this emotion affect how you sound?



## WHEN I AM CONFUSED...

Your emotions can affect how your whole body feels and behaves.

How do you look when you're feeling confused? Draw your confused face, arms and legs on the body below?



Does this emotion affect how you sound?

When I Am Confused...

## WHEN I AM RELAXED...

Your emotions can affect how your whole body feels and behaves.

How do you look when you're feeling relaxed? Draw your relaxed face, arms and legs on the body below?



Does this emotion affect how you sound?

When I Am Relaxed...

## WHEN I AM LONELY...

Your emotions can affect how your whole body feels and behaves. How do you look when you're feeling lonely? Draw your lonely face, arms and legs on the body below?



Does this emotion affect how you sound?

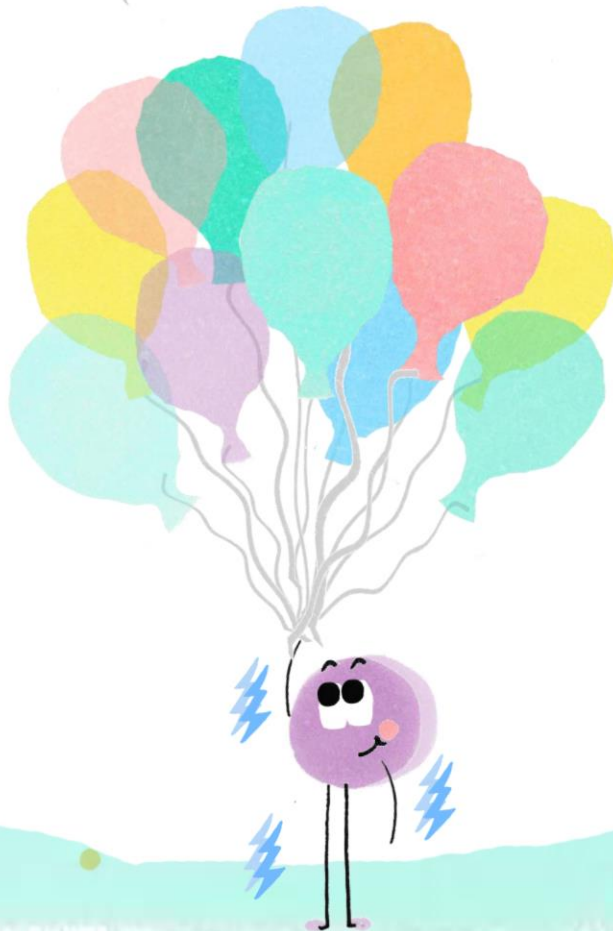
When I Am Lonely...



## WORRY BALLOONS

Sometimes we hold onto our worries tightly and find it hard to let them go.

When we learn to recognise our worries, we can also begin to learn to let them go. Can you draw some of your worries on balloons and visualise them gently floating on by.



## EVERYONE IS UNIQUE AND VALUED

Do you ever feel like you're the only one that is different? Do you wish

that you could be more like somebody else? It can be very tiring trying to be somebody that you are not, it can make us feel quite miserable and take us away from the things we truly enjoy. Our differences don't affect our value as a person. Everyone is equal but we are all unique. Can you draw what makes you unique?



THINGS THAT MAKE ME UNIQUE

When we learn to embrace our differences and follow our own interests despite what we think others might say, we start to feel happier.

## HOW DO YOU FEEL TODAY?

Can you doodle your emotion or how you feel today? What colours will you use? What type of lines? Does your emotion have a face or a particular shape?

How Do You Feel Today?



## A HAPPY MEMORY

Can you draw a happy place or memory? What can you see, hear, smell, touch and taste? Use your senses to help you draw a picture below.

