

Let's talk about feelings!



Write down or draw as many feelings as you can think of in 30 seconds.

Read, steady go!



How many of these did you think of?

Happiness

Sadness

Joy

Confusion

Relaxed

Thankful

Anger

Cheerful

Fear

Talk to a grown up about the feelings you have written or drawn.

Which feelings do you like having?

Which feelings do you not like having?

Can you think of a time when you have felt some of these feelings? What was happening at the time?

If we are down what things can we do to feel better?

Feelings

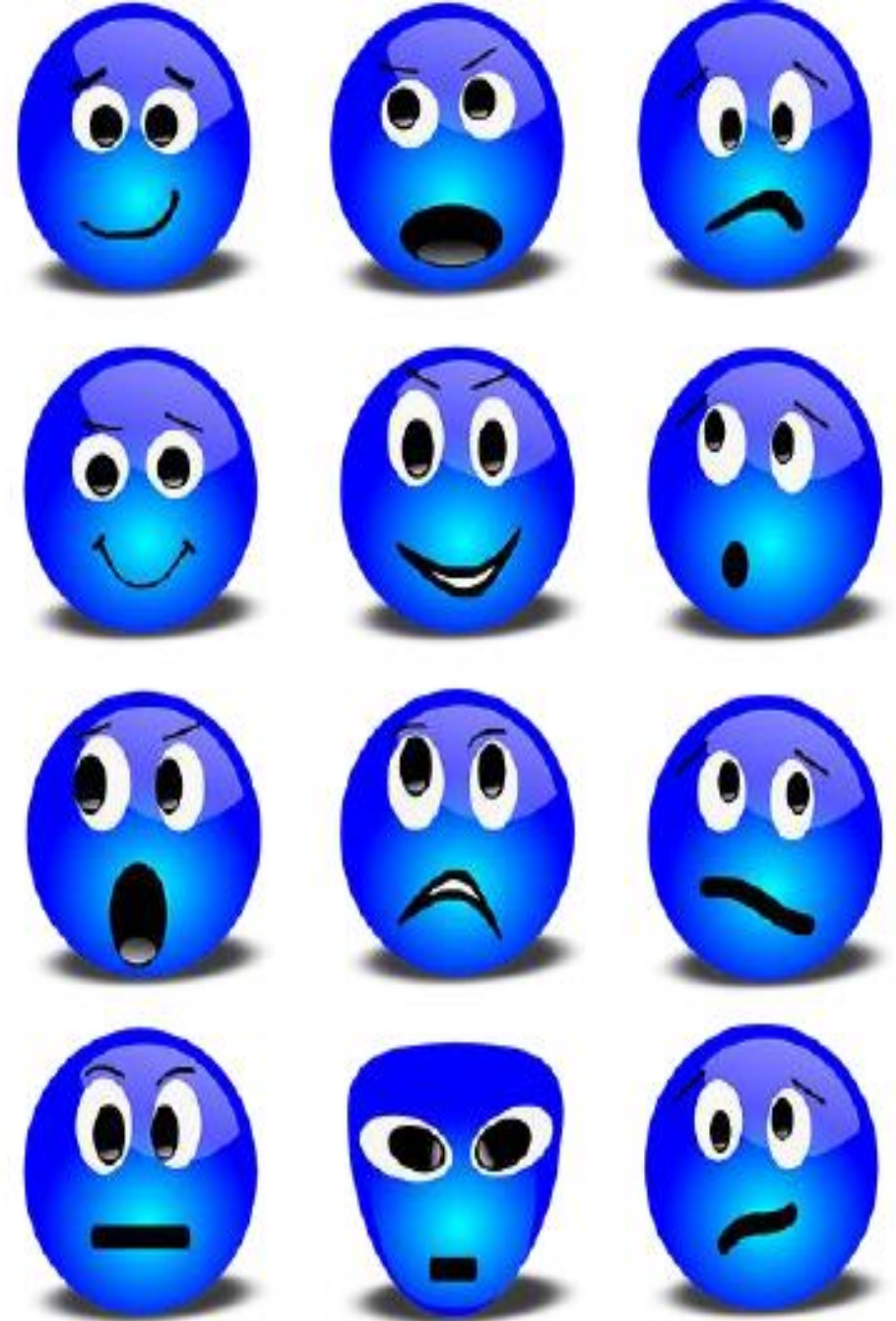
Feelings can be confusing
sometimes!

Sometimes we feel a mixture of
emotions. Have you ever felt
happy and sad at the same time?
Or angry and worried at the
same time?



Feelings

Sometimes our feelings can change quickly. We can feel happy and then a few minutes later, we can feel anxious - that's ok!



Feelings

Sometimes we can't explain our feelings. We might feel angry but not be able to explain why - that's ok too!



Draw a picture showing how you are feeling now.

Here is mine.



Now lets make a feelings wheel



You will need:

2 circles of card – 1 with a hole in it to show the emotion face
Colouring materials



Draw the emotion faces for

- Happy
- Sad
- Excited
- Fear
- Angry
- Joy
- Worried
- Surprised



How would you feel? Show me with your wheel....

Amir has heard that his best friend might be moving to a new school.

- His tummy aches
- He keeps crying
- He wants to be left alone

Feeling:.....



Mia's dad works in another country. Tonight she will get to video call her dad for the first time in ages.

- Her tummy is tingling
- She can't keep still and jumps around a lot
- Her voice is very loud

Feeling:.....



Daisy's not allowed to go to the party because she didn't tidy her room this week.

- Her body is hot and tense
- She wants to throw something
- She shouts at her sister



Feeling:.....

Leo has started at a new club but he doesn't know anyone there and no one has spoken to him or played with him yet.

- He thinks he might be sick
- He doesn't smile
- He wants to be invisible



Feeling:.....

Always remember that your feelings are important and that it's always helpful to talk about them!



✕ < > it's okay not to be okay