

Everyone feels different emotions.



Can you name these 5?



How Do You FEEL Today?



We feel different emotions for different reasons.



Purpose: To show when we strongly do not like or agree with something. To keep things fair.

Related emotions thoughts and feelings:

Cross. Mad.
Furious. Let down.
Very annoyed.
Raging.

When it may become a problem:

*If we express anger through violence/abuse to ourselves or others

Purpose: To signal when we do not like or agree with something. To protect us from things that make us ill.

Related emotions, thoughts and feelings:

Let down. Irritated.
Yuck. A bit annoyed.
Unfavourable.

When it may become a problem:

*If we offend or upset someone

Purpose: To make us aware and keep us safe.

Related emotions, thoughts and feelings:

Scared. Anxious.
Nervous. Worried.
Intimidated. Lost.

When it may become a problem:

*If we are worried for long periods of time
*If it gets in the way of day to day life

Purpose: To express when we do not like or enjoy something.

Related emotions, thoughts and feelings:

Down. Upset. Blue.
Lonely. Crying. Sad.

When it may become a problem:

*If we are sad for long periods of time
*If it stops us doing things we usually enjoy

Purpose: To show when we are happy and enjoying things.

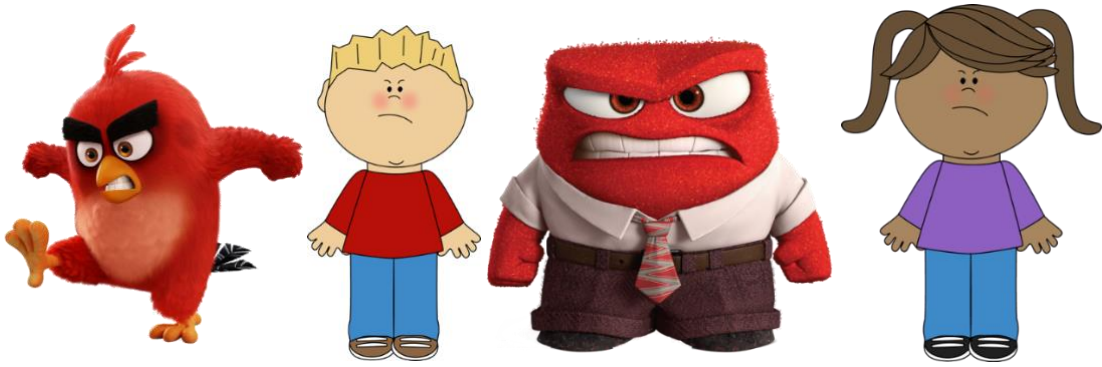
Related emotions, thoughts and feelings:

Hyper. Excited.
Smiling. Enthusiastic.
Active.

When it may become a problem:

*We may not be thinking about the consequences of our actions or how others are feeling

Anger



We might get angry for lots of different reasons. What makes you feel angry?



When I feel angry I might:



Shout very loud



Hurt my friends



Hit or kick something



Run away



Break something



Hurt myself

Sadness



We might feel sad for lots of different reasons. What makes you feel sad?



When I feel sad I might:



Run away



Sit on my own



Cry



Want a cuddle

There are lots of different emotions.

Can you think about the things that make you disgusted, fearful or joyful?



What might you do if you feel this way?

Here are some helpful things to try it if you are feeling sad, angry or fearful.



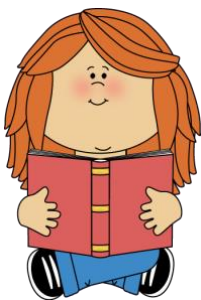
Talk to an adult.



Go for a walk alone. What can you see, feel, smell and hear?



Give something soft a big, tight squeeze.



Look at a book.



Play with someone else.



Write, draw or paint a picture.