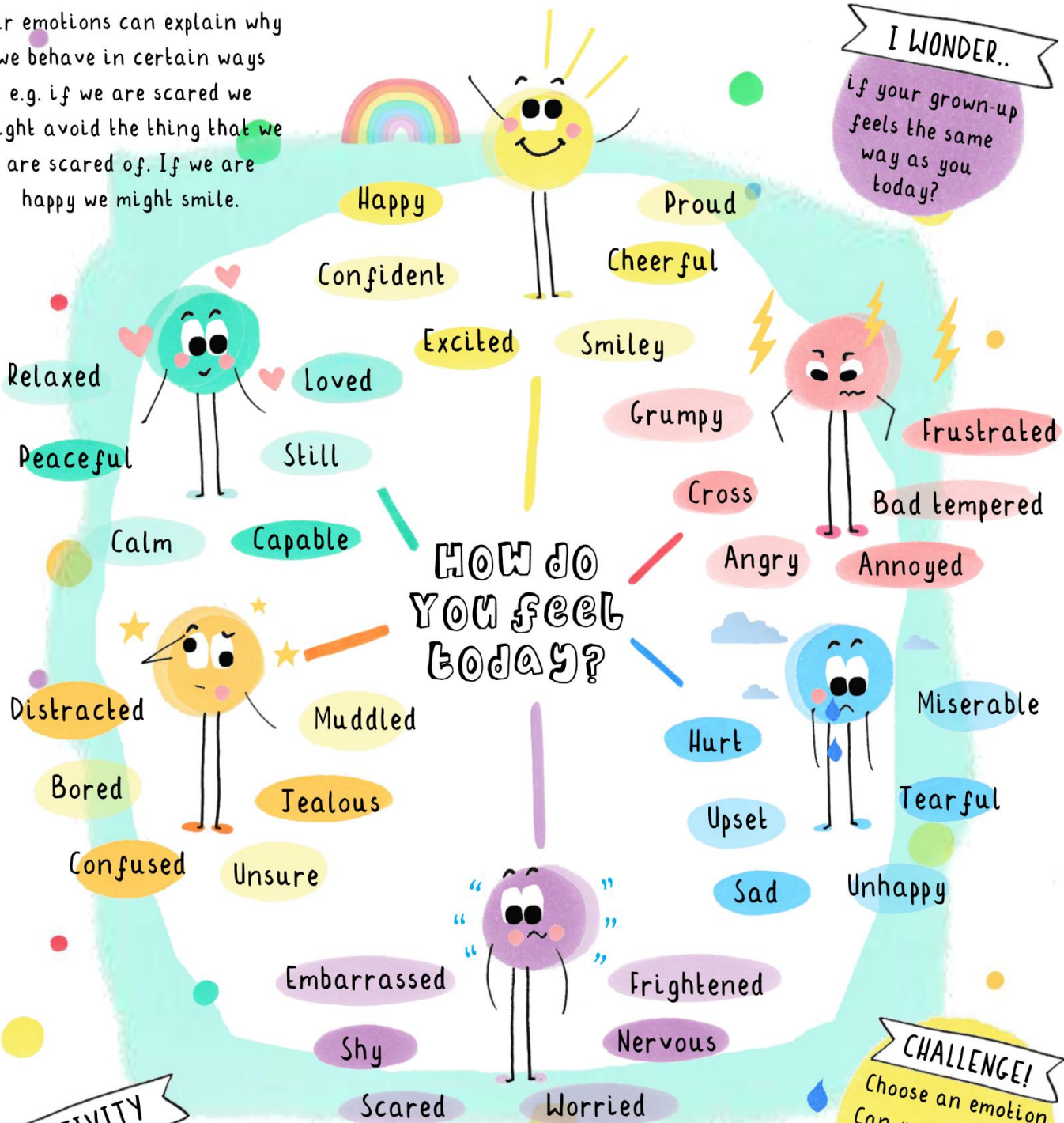


# EMOTIONS

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?

e.g.



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?

