Understanding My Feelings

An Emotional Wellbeing Activity Pack



All my feelings matter!

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What Are Feelings?

Can you point to each feeling?
Can you make the same face?



Happy

When something makes you smile.



Sad

When you feel upset or need comfort.



Angry

When something makes you feel cross.



Worried

When something makes you feel unsure or nervous.



Excited

When you feel full of energy about something.



Calm

When your body and mind feel paceful.

All feelings are okay!

Can You Match the Feelings?

Draw a line to match each feeling with a situation.



Happy



Sad



Angry



Worried



Excited



Calm



Receiving a lovely surprise.



Losing your favourite toy.



Someone taking your turn.



Trying something for the first time.



Going on an exciting adventure.



Sitting quietly with your favourite book.

People can feel differently in the same situation.
There is no single correct feeling.

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How Am I Feeling Today?

How are you feeling today?

You can point, circle or colour a feeling.



Happy



Sad



Angry



Worried



Excited



Calm

Draw your own feeling face!

Today I feel...

You do not have to choose or share a feeling if you do not want to.

Little Things That Help Me Feel Better

Everyone feels different. What helps you when you need a little comfort?



Taking some slow breaths



Reading a favourite book



Having a cuddle with a trusted adult



Spending some quiet time



Playing with a favourite toy



Going outside for fresh air

Something that helps me is...

Let's Think About Feelings!

Different things can make us feel different ways.

You are building a tower and it falls down.
How might you feel?



Angry | Sad | Frustrated | Okay

A new friend asks you to play.
How might you feel?



Happy | Excited | Calm | Shy

You cannot find your favourite toy.
What could you do?



Look again | Ask a grown-up for help | Keep trying | Take a deep breath

Your friend looks sad.
What could you do to help?



Be kind and caring | Ask if they are okay | Sit with them | Cheer them up

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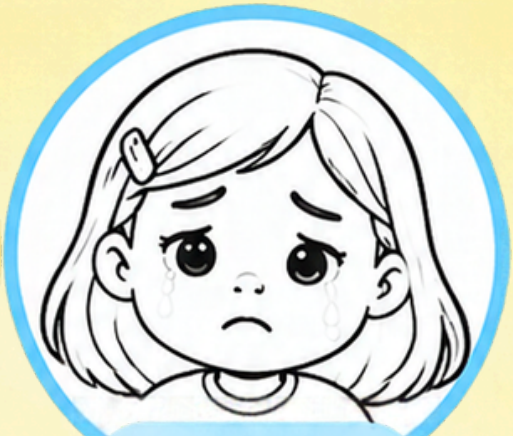
Colour My Feelings!

Choose your colours and bring each feeling to life!



Happy



Sad



Angry



Worried



Excited



Calm





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Every Feeling Is Okay!



A feeling I know is...

Something that makes me smile is...

When I need help, I can talk to...

Remember:

All your feelings matter.
It's okay to feel different things,
and it's always okay to ask for help!

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