

ALL FEELINGS ARE OKAY!

It's okay to feel. It's important to talk about it and share how we feel.



HAPPY

I feel happy when...

- I make a new friend at school.
- I learn something I couldn't do before.
- My family spends time together.

♥ Happiness is good for me!



WORRIED

I feel worried when...

- I have a test at school.
- Someone I love is unwell.
- I don't know what will happen next.

♥ It's okay to ask for help.



SCARED

I feel scared when...

- I start at a new school.
- I visit the doctor or dentist.
- I have to do something I've never done before.

♥ I can be brave, even when I'm scared.



ANGRY

I feel angry when...

- Someone is mean to me.
- I have to stop doing something I enjoy.
- Someone breaks my things.

♥ I can take deep breaths and calm down.



PROUD

I feel proud when...

- I try my best.
- I learn a new skill.
- I help someone else.

♥ I am proud of me!



CALM

I feel calm when...

- I take deep breaths.
- I cuddle my favourite toy.
- I spend quiet time with someone I trust.

♥ Calm helps me feel better.

There is no right or wrong way to feel. All feelings are okay. You are not alone.

Name: _____

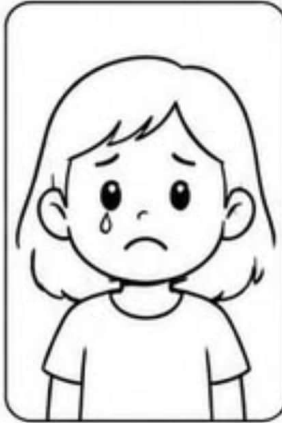
Date: _____



HOW DO I FEEL?



1 Look at the pictures. Cut and paste the correct emotion under each picture.



Cut out the emotions.

Happy



Sad



Scared



Tired



Angry



2 Read the emotion. Draw the face that shows that emotion.

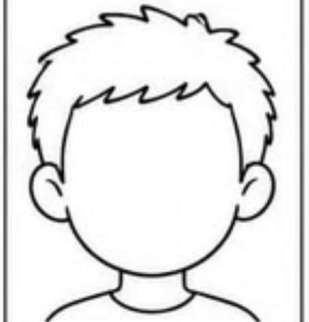
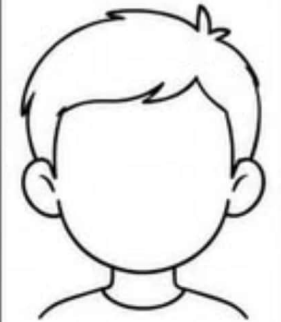
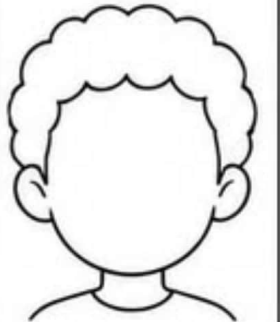
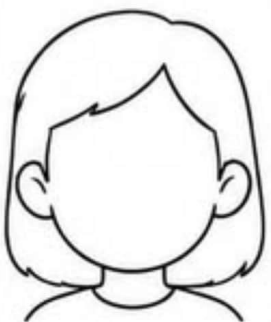
Happy

Sad

Scared

Tired

Angry



I can talk about my feelings!

