

EMOTIONS

HOW ARE YOU FEELING TODAY?



HAPPY

Make someone else happy by telling them how special they are.

Skip around and make everyone wonder why you are so happy.

Make a list or draw pictures of people, places, animals and things that make you happy!

Hum, whistle or sing and make others smile!



GRUMPY

Do something easy-peasy that you know you love doing.

Go outside. Close your eyes tight. Feel the wind, rain or sun on your face.

Huff and puff, tut and roll your eyes over and over again to yourself - it might make you laugh!

Sit or lie-down in a relaxing safe place, take some time to rest.

Listen to your favourite song or play your favourite sport.



QUIET

Look for the quietest place in the house and sit calmly.

Imagine a beautiful butterfly fluttering past.

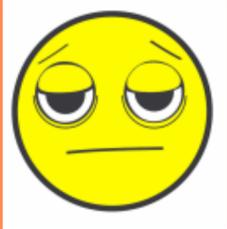
Chat quietly with your pet.

Lay on your bed or in your garden and stare at the clouds

Tell people you are feeling really quiet and don't feel like noisiness.

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BORED

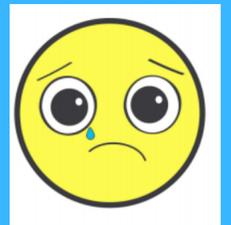
Tidy up a messy drawer or jumbled shelf.

Find someone and challenge them to a competition! (Maybe a tickle fight!)

Look at some old photos and see how you have changed.

Listen to music and get jigging!

Try copying a picture that you like.



SAD

Daydream about something you are looking forward to.

Do something kind for someone else.

Read a joke book - make up your own and tell it to someone.

Do star jumps or spotty dogs until you are worn out and out of breath.

Dance in a silly way to cheerful music.



JEALOUS

Practise giving others praise and compliments when they do things well - you may get some back!

Smile for exactly 1 minute.

Try to enjoy and celebrate when other people succeed.

Find someone you love being with and ask them to say something nice to you.

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SCARED

Think about the time when the scary thing will be over and you are no longer scared.

Imagine the thing that is scaring you being tiny enough to fit in your hand.

Tell people you are scared and what it is that is scaring you.

Move away from or stop doing the thing that is scaring you, if you can.



EXCITED

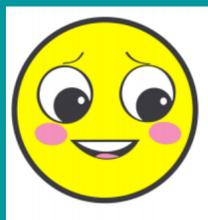
Do a beaming smile and show those teeth.

Think about your tummy and decide if it feels more like butterflies, fireworks or popping candy.

Jump as high as you can until you feel like you can reach the sky.

Draw a picture of what excited looks like for you! (If you can stay still long enough).

Tell someone exactly why you are excited.



Make yourself as busy as a bee.

EMBARRASSED

Remember absolutely every one gets embarrassed at some point.

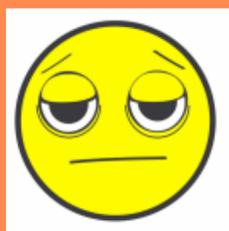
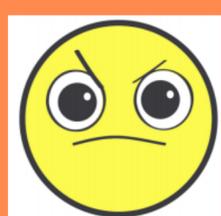
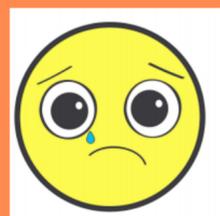
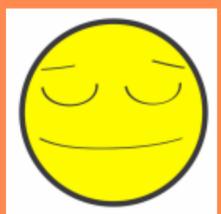
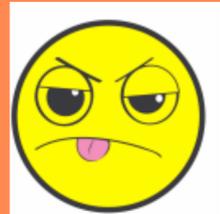
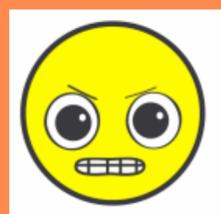
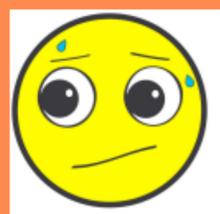
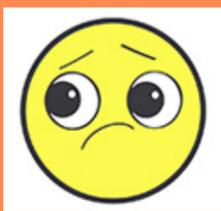
Say 'Oh that could have happened to ANYONE!'

Laugh loudly at yourself and smile at how silly you have been.

EMOTIONS

WHEN DO WE HAVE THESE FEELINGS?

FEELING



Can you match them up?

WHEN...

You feel like nothing is interesting.

Something is upsetting you.

You can't help but smile.

You feel quite horrible and it makes you feel like you want to bash things.

You are looking forward to something.

You are easily annoyed because you are tired or don't like something.

You are in danger or unsure about doing something.

You do something that makes you look silly.

You don't want to do anything noisy.

You want something you don't have.

You think an unhelpful thought.

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Try one of these helpful ideas for self - regulation
- it may make you feel a bit better!



WORRIED

Take lots of really deep breaths.

Talk to someone you trust about your worries

Picture the worry in a bubble and blow it away high in the sky. (Maybe use real bubbles!)

Do something you really enjoy and concentrate on nothing else - watch a film, play a game or draw a picture.

Think of a funny or silly tune playing.



ANGRY

Tell yourself 'I will be OK' over and over again until you believe it.

Run super- fast on the spot until you are really worn out.

Draw lots and lots of clouds to help the anger float away.

Close your eyes and take some deeps breaths

Squeeze and squash a soft pillow, squidgy toy or beanbag.

FEELINGS are FEELINGS

BUT...

you do have a

CHOICE...

about how to

BEHAVE.

Try some of these!