

All about

Our Feelings



Feelings

How many different words can you think of that describe your feelings?

Have a
go!

Tell your partner as many feeling words as you can think of.

Look at these feelings words:



happy



sad



lonely



scared



cross

Feelings

Look at this child. How do you think she is feeling?



happy

Feelings

Look at this child. How do you think she is feeling?



scared

Feelings

Look at this person. How do you think she is feeling?



angry

How Can We Show Our Feelings?

Have a go!

Without saying any words, show your partner a feeling. Can they guess which feeling you are showing?



happy



sad



lonely



scared



cross

Feeling Good and Bad

Some feelings make us feel good. Some feelings make us feel bad.
Can you sort these feelings into the right place?

happy

sad

excited

lonely

scared

cross

| Feeling Good | Feeling Bad |
|--------------|-------------|
| | |
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| | |
| | |

Who Can Help Us?

If we have feelings that make us feel bad, who can help us?



Always tell someone if you have feelings that make you feel bad.



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