

EMOTIONS

Recognising how you feel

Understanding your emotions and recognising how they feel in your body is the first step in being able to manage them. Only when you recognise that you are in a high emotional state, can you do something about it.

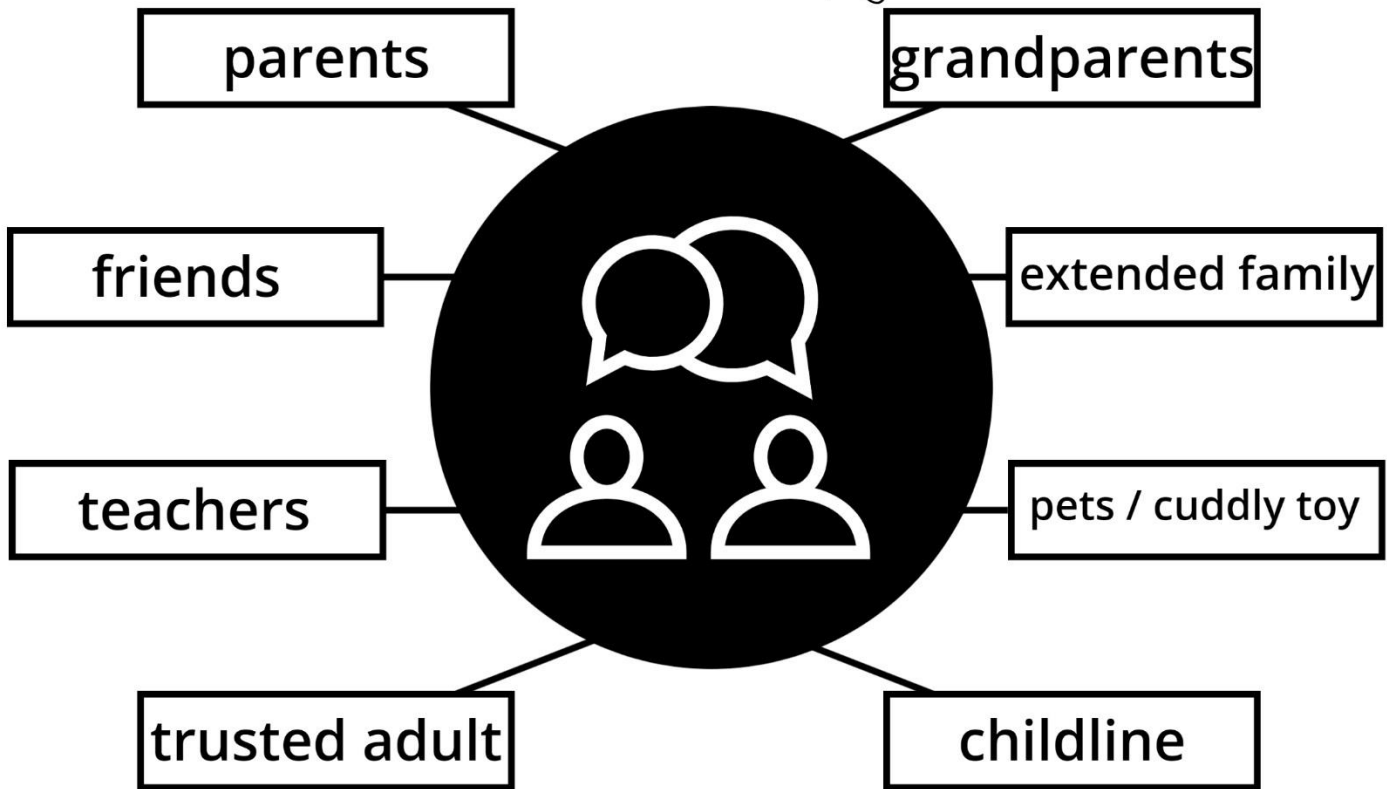
- Use three colours to colour the key
- Look at each emotion
- Colour according to how often you feel that emotion

Colour	I feel this way...
	Often
	Sometimes
	Hardly ever




TALK

often talking to someone can help you to feel much better. Sharing your worries, stresses, fears or concerns can have a positive impact. Who knows, the individual might even be able to help you.



Who would you chose at your top three to approach and chat with when you are feeling emotional.

1	_____
2	_____
3	_____



Talk

Pets and Cuddly Toys

It can seem silly to talk to your pet or a toy when you are upset, frustrated, or angry. But you can be guaranteed they will listen, they won't interrupt and they won't force advice upon you.

Draw the pet or cuddly toy you would chose to talk to.

Talk

Do you have a good friend you could talk to if things were bothering you?

Friend's name -----

Even if you don't, you can be that friend the others come to. Which of your friends could come and talk to you if they were feeling emotional?

Friend's name(s) -----

Draw you and your circle of friends. Put yourself in the centre.

