

# NAME

*your emotions*

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Feelings are called **emotions**. Everyone has emotions. Emotions are normal, and they come and go. Emotions can come from what's happening around us, our thoughts, and our wants and needs. There are no 'wrong' or 'bad' emotions, and no one can tell you what emotion you 'should' be having.

Emotions can show up in lots of different ways - in our behaviour, how our bodies feel, the expressions on our faces, our thoughts, or tone of voice.

It's not always easy to know what we're feeling, especially if those feelings are big, or if we're having different emotions at the same time.

Being able to put names to our emotions helps us to understand what we're feeling and what we need.

MAD



# MAD

can feel like...

*I need this!  
I want that!*

I can...

- Take 10 deep, slow breaths
- Push a wall with my hands
- Hit a pillow
- Throw a stuffy at a wall *(safely!)*
- Talk about it with someone I trust

**ANNOYED**



# ANNOYED

can feel like...

*Something is bothering me  
and I want it to stop!*

≡ I can... ≡

- Ask for help
- Use my voice and words to solve the problem
- Give myself some space from what's annoying me

FRUSTRATED



# FRUSTRATED

can feel like...

*That's not fair! I can't do this! I feel stuck!*

I can...

- Use my voice and ask for help
- Take a break and walk out of the room
- Write down my thoughts and feelings in a journal

SAD





# SAD

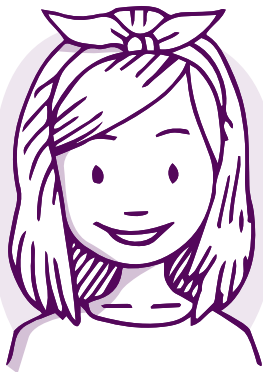
can feel like...

*I need comfort.*

≡ I can... ≡

- Talk to someone I love
- Ask for a hug
- Listen to happy music
- Spend time with a friend
- Make myself a comfortable, cozy spot

HAPPY



# HAPPY

can feel like...

*I'm noticing something good. I feel great!*

I can...

- Share what I'm happy about with someone
- Notice all the nice things about this moment – how I feel, what I can see, hear, and touch

PEACEFUL



# PEACEFUL

can feel like...

*Everything is ok. I'm enjoying the moment.*

≡ I can... ≡

- Notice all the nice things about this moment – how I feel, what I can see, hear, and touch
- Enjoy the feeling of peace and calm

SCARED



# SCARED

can feel like...

*I'm afraid!  
I don't feel safe!*

I can...

- Ask a safe adult for help
- Talk to someone I trust
- Draw or imagine myself in a safe, happy place

WORRIED





# WORRIED

can feel like...

*I keep thinking about something bad that could happen.*

≡ I can... ≡

- Write down or draw my worries in a journal so I can put them away
- Say a positive statement to myself, like...
  - "I can handle this"
  - "I am strong"

ASHAMED



# ASHAMED

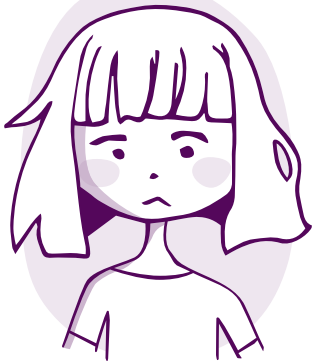
can feel like...

*I feel bad about myself,  
and I need reassurance.*

≡ I can... ≡

- Speak to myself kindly, like I would speak to a friend
- Remember that nobody is perfect, everyone feels ashamed sometimes
- Think of 5 positive things that I like about myself

EMBARRASSED



# EMBARRASSED

can feel like...

*People are paying attention to me in a way I don't like.*

≡ I can... ≡

- Speak to myself kindly, like I would speak to a friend
- Remember that nobody is perfect, everyone feels embarrassed sometimes
- Think of 5 positive things that I like about myself

EXCITED



# EXCITED

can feel like...

*Something good is going to happen and I can't wait!*

I can...

- Share what I'm excited about with someone!
- Move or use a fidget to release extra energy
- Enjoy the feeling of looking forward to something good

OVERWHELMED





# OVERWHELMED

can feel like...

*Too much is going on.  
I feel like I can't handle it.*

≡ I can... ≡

- Take 10 deep, slow breaths
- Take a break
- Take things one at a time
- Notice what I can feel with each of my senses...
  - see ● touch ● taste ●
  - hear ● smell ●