**Communication and Interaction Team**

**Our Feelings / Emotions**

How we feel is very important.

We may feel happy, worried, sad, angry, confused. Sometimes we may not quite know how we feel.

Here a just a few emotions that you may feel:

**Frightened**

**Happy**

**Unfocused**

**Angry**

**Jealous**

**Guilty**

**Excited**

**Sad**

**Worried**

**Surprised**

**Sleepy**

**Confused**

**Proud**

**Insecure**

**Anxious**

**Nervous**

**Calm**

**Withdrawn**

**Embarrassed**

**Hopeful**

**Confident**

**Bored**

**Disappointed**

**Lonely**

Do you ever feel any of these emotions?

It is ok to feel these emotions, but what is important is that we tell someone how we are feeling. It is also important for us to find positive strategies to deal with our emotions.

For example, it is ok to feel worried – everyone feels worried about something at some point. Keeping those worries to yourself or shouting at other people doesn’t help though. You need to find something positive to do instead: For example, talking to someone you trust, drawing what you are worried about or doing some exercise in the garden. All of those things could work to help the worry get smaller and they are all positive ways of dealing with the worry.

**Today I feel….**

At the moment, lots of things are different. This may make us feel scared, worried, sad, upset, angry, confused.

It is especially important for us to recognise how we feel at the moment and to do positive things to help:

|  |
| --- |
| **At the moment I am feeling:** |
| **My body feels:** |
| **Positive things that I can do at the moment to help are:** |

**RESOURCES TO HELP**

**What happens to my body:**

|  |  |  |
| --- | --- | --- |
| I smile | I laugh | I cry |
| I feel cold | I feel hot | I feel tired |
| I feel sick | I get a headache | I have tummy ache |
| My cheeks go red | My heart beats fast | I frown |
| Lights flash in my eyes | My eyes go blurry | My ears buzz or ring |
| My body feels tense | I clench my fists | I clench my teeth |
| I feel shaky | I feel dizzy | My body feels numb |
| I start breathing fast | I take deep breaths | I take shallow breaths |
| I can’t think properly | …etc…there will be lots of other things too. | |

**Things that I could do to help:**

|  |  |  |
| --- | --- | --- |
| Talk to someone | Get some fresh air | Have a drink |
| Play with fiddle toys | Take some deep breaths | Listen to music |
| Read a book | Write down my feelings | Do some drawing |
| Hide under a blanket | Have some time alone | Do some exercise |
| Self-talk  (Reassure myself that I am ok and that these feelings will pass) | Tense and Relax each body part | …etc….there will be lots of other things too |