

## LETS TALK ABOUT



### DIFFERENT FEELINGS AND EMOTIONS

THESE PAGES HAVE BEEN COMPILED TO HELP YOU TALK TO CHILDREN ABOUT HOW THEY FEEL.

GATHERING A CHILDS WISHES AND FEELINGS CAN BE DIFFICULT DUE TO FEAR OF SAYING THE WRONG THING, BUT ALSO BECAUSE OFTEN CHILDREN DO NOT HAVE THE LANGUAGE TO EXPRESS THEMSELVES. - THESE TOOLS CAN HELP TO PROVIDE A VOICE AND THE WORDS THEY ARE TRYING TO SAY.

THESE PAGES ARE A SELECTION OF SIMPLE IDEAS, THE SECRET IS TO BE MINDFUL OF THE CHILDS AGE & ABILITY AND EXPERIENCES THEY HAVE YET TO TALK ABOUT.

THE CHILD NEEDS TO FEEL THEY CAN TRUST YOU, THEY ARE VALUED AND SAFE. THESE TOOLS CAN HELP YOU TO BUILD A RELATIONSHIP WHERE THE CHILD CAN ALSO LEARN A LITTLE ABOUT YOU. IE WHAT YOU LIKE

SO.....GET READY, TO LISTEN, SEE AND DO - HAVE FUN

# Feelings & emotions



		
		
		
		
<b>happy</b>	<b>sad</b>	<b>angry</b>
<b>embarrassed</b>	<b>in love</b>	<b>bored</b>
<b>scared</b>	<b>tired</b>	<b>confused</b>
<b>sick</b>	<b>jokey</b>	<b>surprised</b>

# FEELINGS & EMOTIONS

Choose the correct option.



- a) hysterical
- b) depressed
- c) jealous



- a) lazy
- b) busy
- c) happy



- a) frustrated
- b) disgusted
- c) peaceful



- a) interested
- b) terrified
- c) bored



- a) hot
- b) hurt
- c) hungry



- a) ecstatic
- b) exhausted
- c) embarrassed



- a) lonely
- b) loving
- c) relaxed



- a) comfortable
- b) furious
- c) nervous



- a) excited
- b) exhausted
- c) tired



- a) happy
- b) hot
- c) cold



- a) sad
- b) surprised
- c) scared



- a) puzzled
- b) pessimistic
- c) proud



- a) amazed
- b) ashamed
- c) upset



- a) bored
- b) sleepy
- c) worried



- a) confident
- b) surprised
- c) helpless



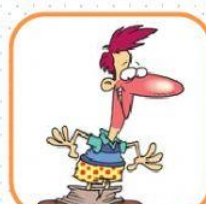
- a) glad
- b) joyful
- c) lonely



- a) happy
- b) hurt
- c) hysterical



- a) tired
- b) comfortable
- c) sleepy



- a) enthusiastic
- b) embarrassed
- c) hostile



- a) exhausted
- b) excited
- c) ecstatic



Sad



happy



surprised



Tired



bored



in love



Scared



sleepy



angry




Sick



hungry



confused

	<p><b>JOY</b></p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	<p><b>SADNESS</b></p> <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p> 	<p><b>SURPRISED</b></p> <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p> 	<p><b>ANGER</b></p> <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p> 	<p><b>DISGUST</b></p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p> 	<p><b>FEAR</b></p> <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p> 
---	--	---	--	---	--	---

HOW ARE YOU FEELING TODAY?

*inspi*

What Makes you Feel?



Angry.



© Disney

Sad.



© Disney

Scared.

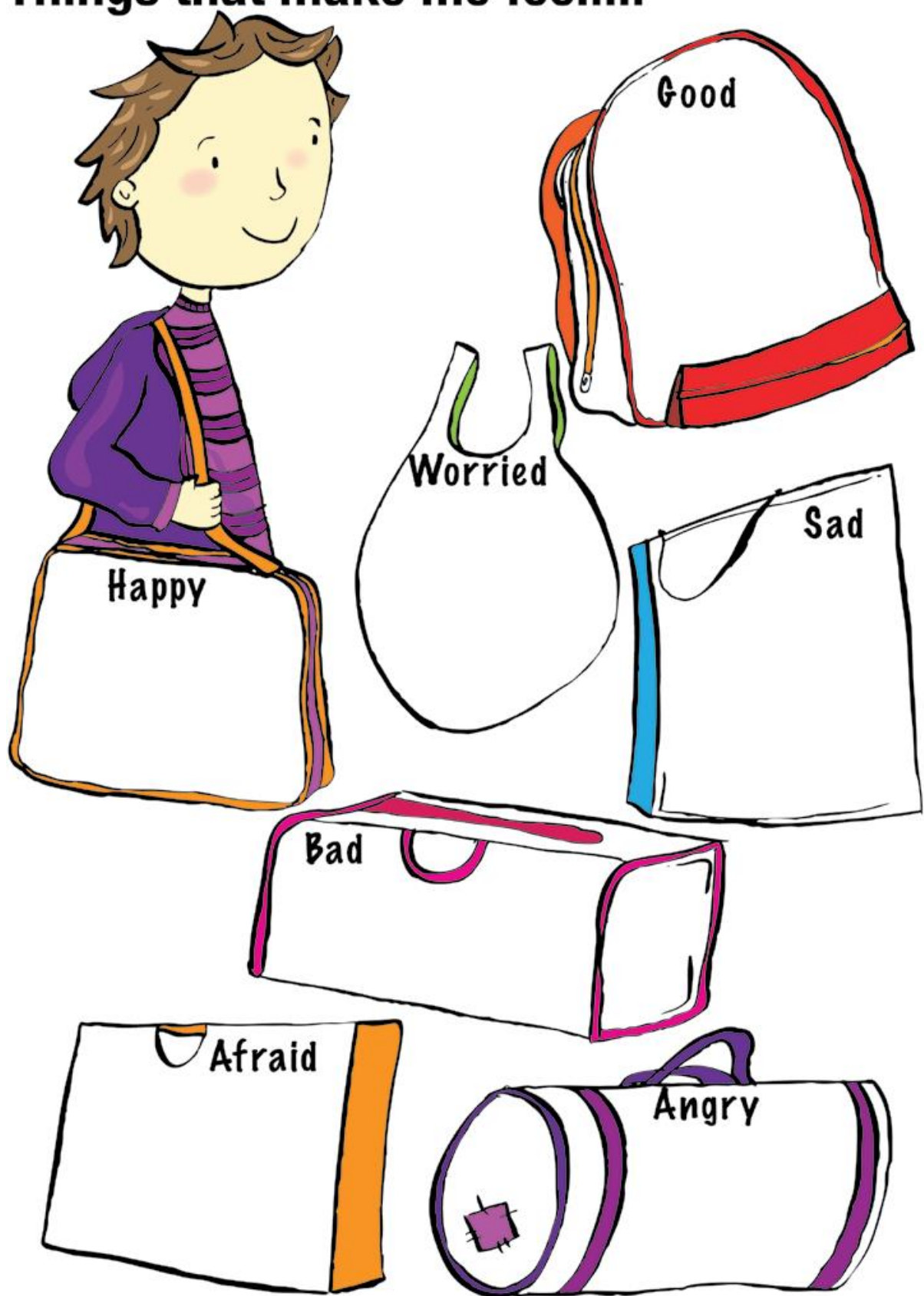


Disgusted.




Joy / Happy

# Things that make me feel....




# Feelings and Emotions


happy 


sad 


upset 

angry 

cross 


grumpy 


worried 


scared 


afraid 


surprised 


shocked 


astonished 

sleepy 

tired 


embarrassed 


confused 

content 

hot 

cold 

overjoyed 

excited 

glad 



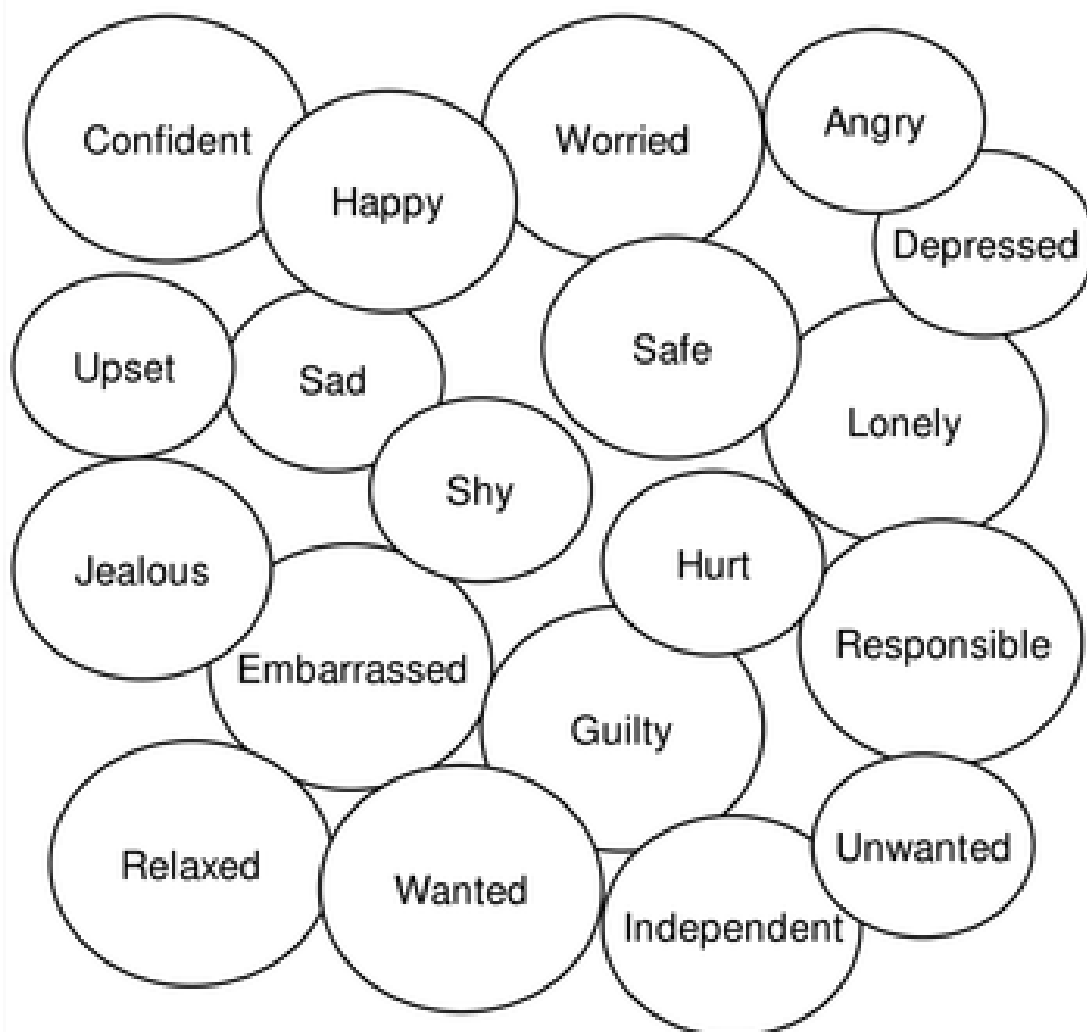
# MY FEELINGS

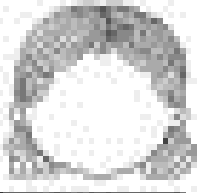
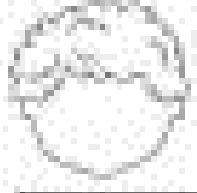
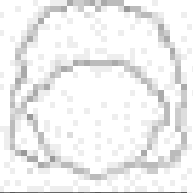
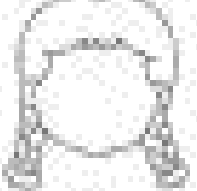

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.



How are you Feeling?			 Happy
 Sad	 Shy	 Bored	 Confused
 Scared	 In love	 Worried	 Surprised
 Proud	 Jealous	 Guilty	 Tired
 Curious	 Confident	 Excited	 Suspicious

Draw the faces according to the feelings. The first one is done.

# Facial Expressions:

Can you figure out what these children are thinking by looking at their facial expressions?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# MY CUP-O-FEELINGS

Color inside this cup to show how much of each emotion you're feeling right now!  
Use the blank spaces to pick other colors and feelings that you'd like.

YELLOW - Happy   RED - Angry   PINK - Hopeful   PURPLE - Scared  
ORANGE - Nervous   GREEN - Excited   BLUE - Sad   BROWN - Surprised



© 2017 Hugoboss LLC. All Rights Reserved.  
For more resources, visit [www.hugoboss.com](http://www.hugoboss.com)

## THE EMOTIONAL BAROMETER



5	<p><b><u>Out of Control</u></b>  <b>The Thing</b></p> <p>I feel like I am about to explode! I feel completely overwhelmed and may become unsafe.</p>	
4	<p><b><u>Starting to Lose It</u></b>  <b>The Hulk</b></p> <p>I'm getting very angry and I may start to say things I don't mean.</p>	
3	<p><b><u>Anxious/Worried/Excited</u></b>  <b>The Flash</b></p> <p>I feel like I need to run away as fast as I possibly can.</p>	
2	<p><b><u>I Think I Can Handle It</u></b>  <b>Spiderman</b></p> <p>I am going to push myself to try my very best even if it is hard. I will feel proud when I get through it.</p>	
1	<p><b><u>Just Right</u></b>  <b>Superman</b></p> <p>Nothing can bring me down! I am a man of steel and feel on top of the world!</p>	

OTHER IDEAS -

USE A MIRROR TO MAKE FACES AND DESCRIBE WHAT IS SEEN

MAKE PAPER PLATE PUPPETS AND THEY CAN ACT OUT AN EMOTION OR SITUATION

DRESS UP ALLOWS THE CHILD TO BECOME SOMEONE ELSE

WORRY BOX - MAKE A BOX/CHEST/ SPECIAL ENVELOPPE AND USE IT TO PUT WORRIES IN IT, WHEN YOU VISIT THE CHILD YOU SEE IF THERE ARE ANY WORRIES YOU CAN TAKE AWAY FOR THEM

PLAYDOH FACES ARE GREAT BECAUSE THEY CAN BE SQUISHED IF THE CHILD DOESN'T LIKE THE FEELING

EMOTION WHEEL - SPIN AN EMOTION AND TALK OR ACT IT OUT

OPEN ENDED QUESTIONS - WHAT IF .... HOW ..... I WONDER WHAT....?

28/10/18

UPDATED 25/3/19