

Can you name different emotions and what they feel like?
Use the word bank to help you



Sad Lonely Jealous Surprise Joy
Frustrated Grumpy Disgust Angry
Sunshine Rain Lightening Fog Thunder

When I feel _____ it feels like...

.....

.....

.....

.....

.....

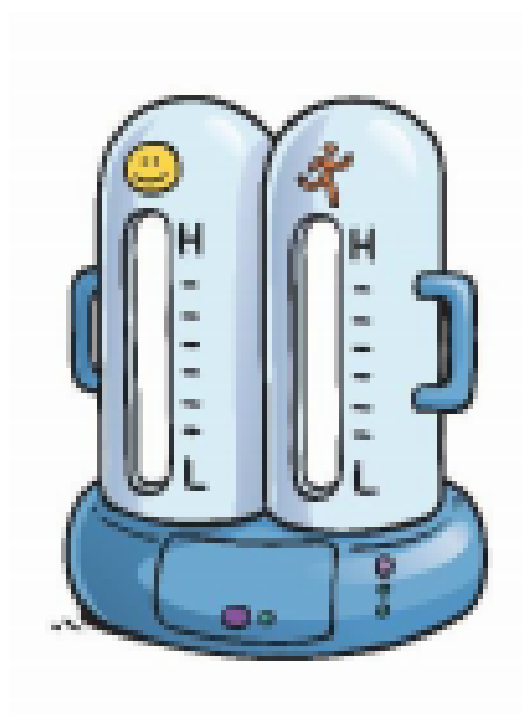
.....

What makes you feel happy?

Circle the pictures below if they make you feel happy.



Which one fills your backpack the most?



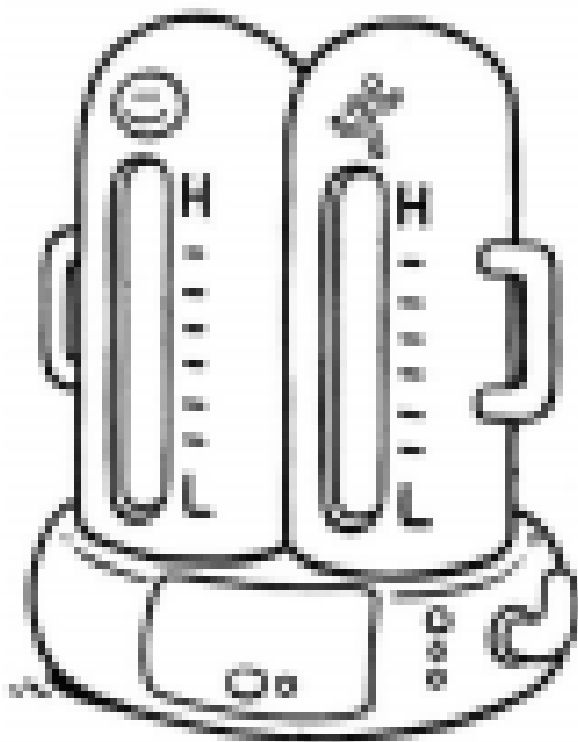


Can you find the feeling and who you would **ASK** for Help?

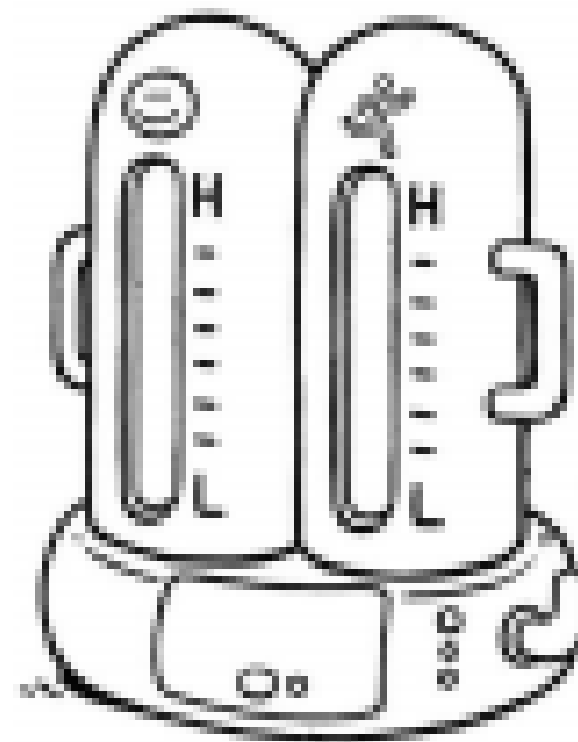
**T F R I E N D A C
E A N G R Y S A H
A D U L T F E A R
C H I L D L I N E
H C A L M E J O Y
E S I S T E R D S
R B R O T H E R A
P A R E N T X M D**

TEACHER PARENT ADULT FRIEND
BROTHER SISTER CHILDLINE
SAD ANGRY JOY FEAR CALM

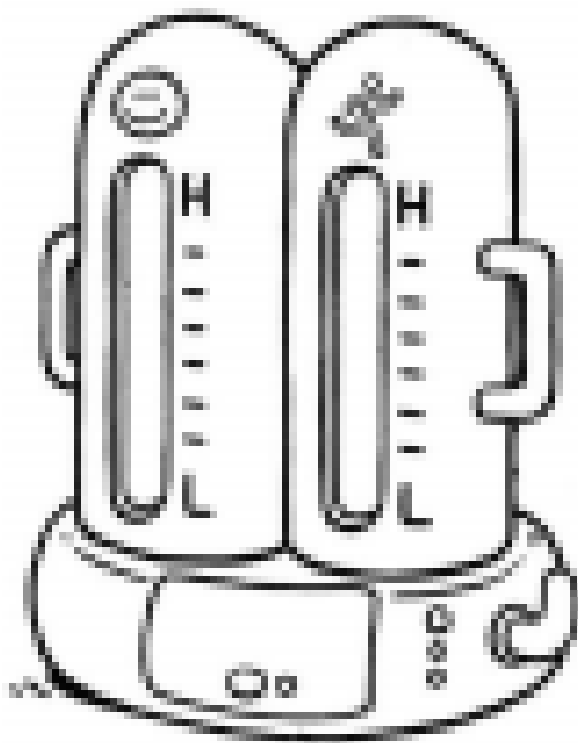
How is your
backpack when
you feel any of
these emotions?
What helps?



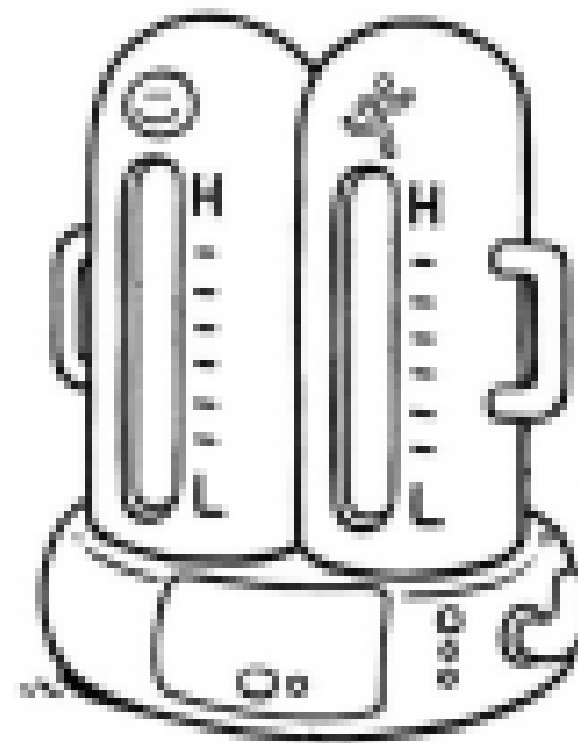
Angry



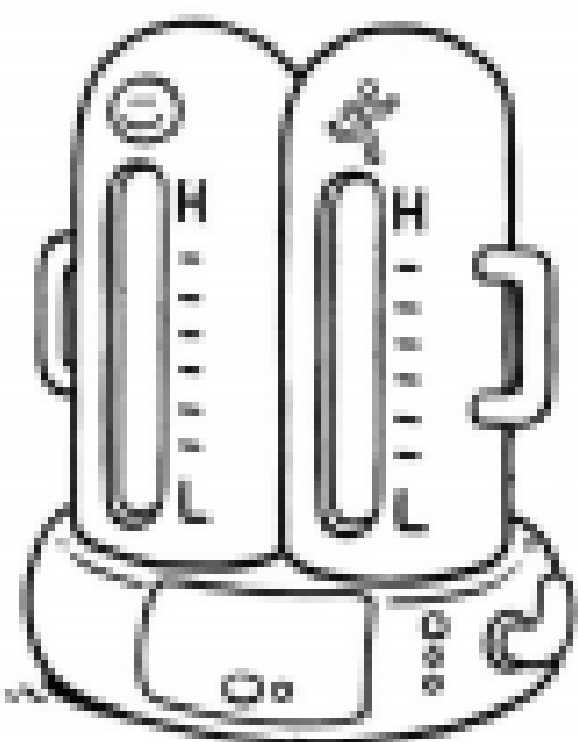
Happy



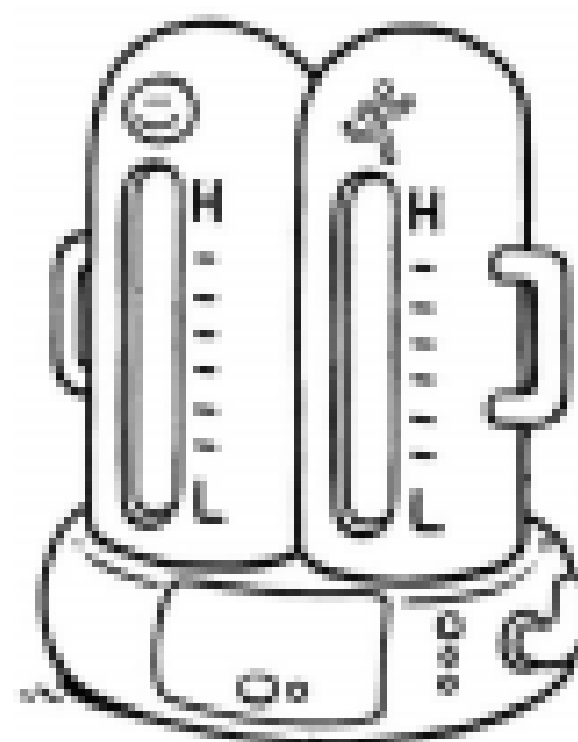
Sad



Shy



Tired



Excited