

All about

Our Feelings



Feelings

How many different words can you think of that describe your feelings?

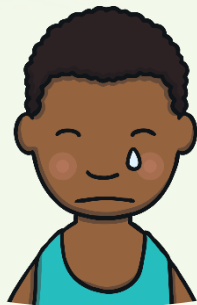
Have a
go!

Tell your partner as many feeling words as
you can think of.

Look at these feelings words:



happy



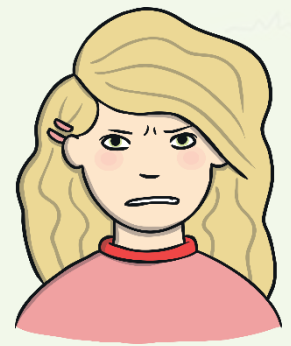
sad



lonely



scared



cross

Feelings

Look at this child. How do you think she is feeling?



happy

Feelings

Look at this child. How do you think she is feeling?



scared

Feelings

Look at this person. How do you think she is feeling?



angry

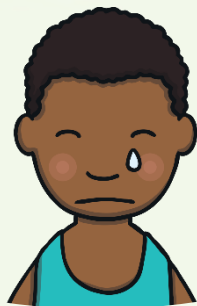
How Can We Show Our Feelings?

Have a
go!

Without saying any words, show your partner a feeling.
Can they guess which feeling you are showing?



happy



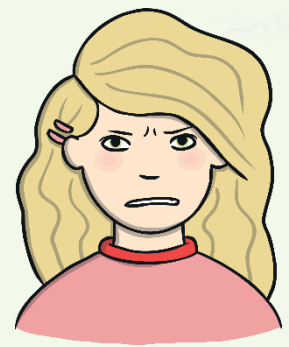
sad



lonely



scared



cross

Feeling Good and Bad

Some feelings make us feel good. Some feelings make us feel bad.
Can you sort these feelings into the right place?

happy

sad

excited

lonely

scared

cross

Feeling Good	Feeling Bad

Who Can Help Us?

If we have feelings that make us feel bad, who can help us?



Always tell someone if you have feelings that make you feel bad.



twinkl