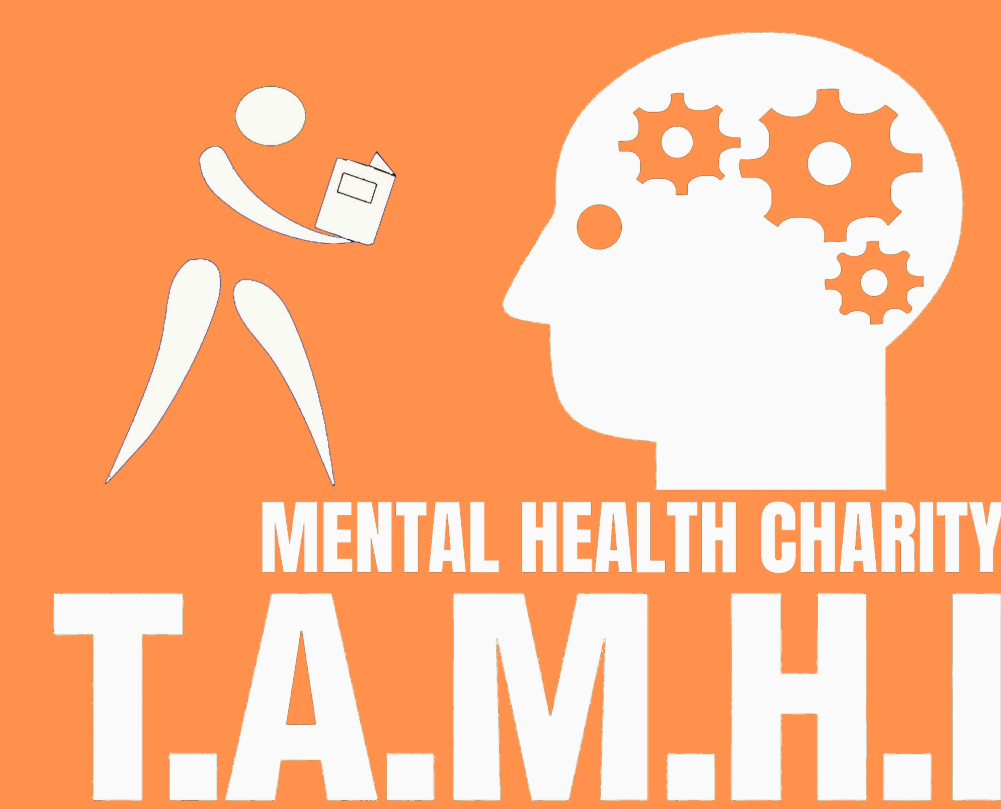
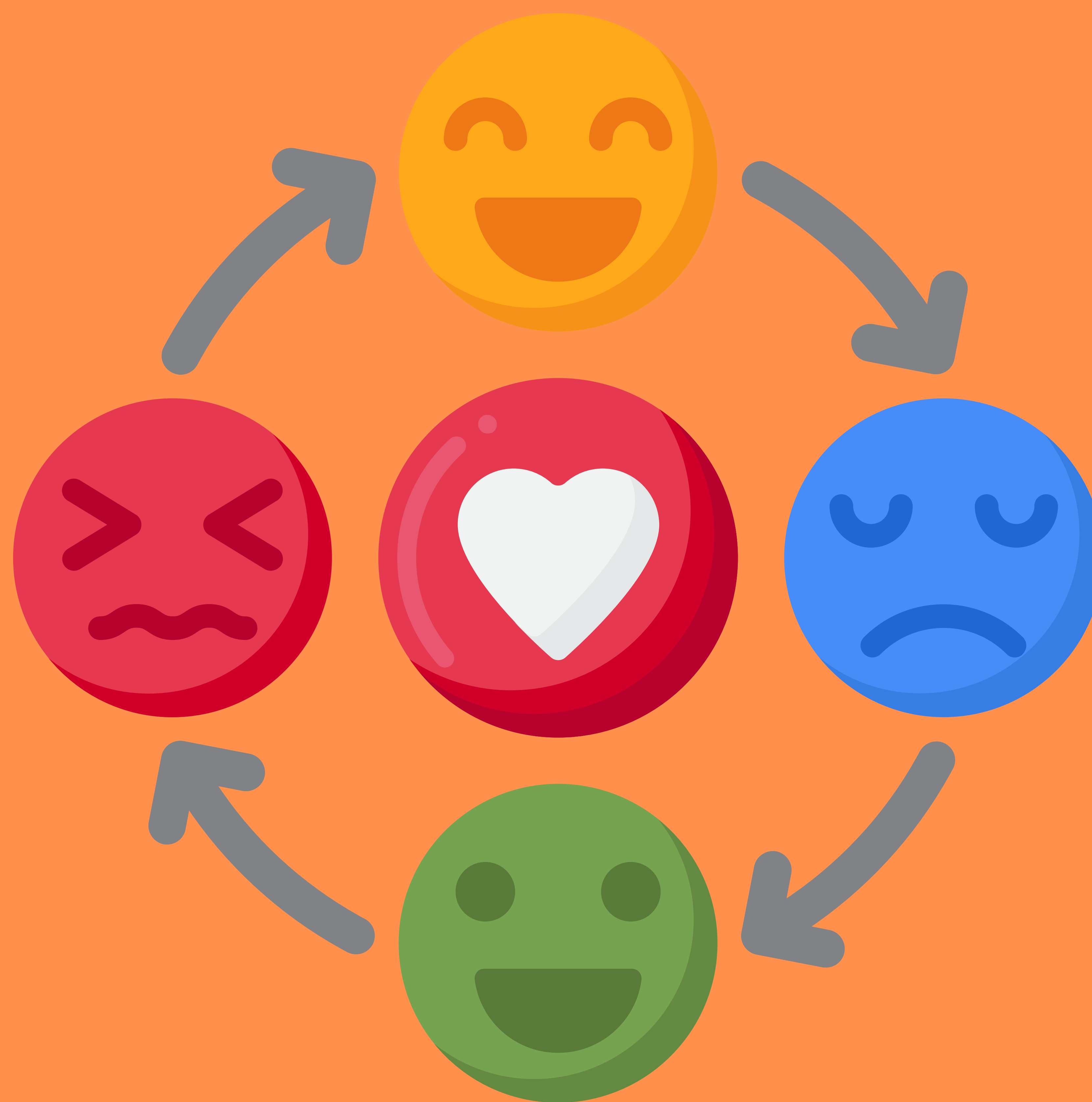


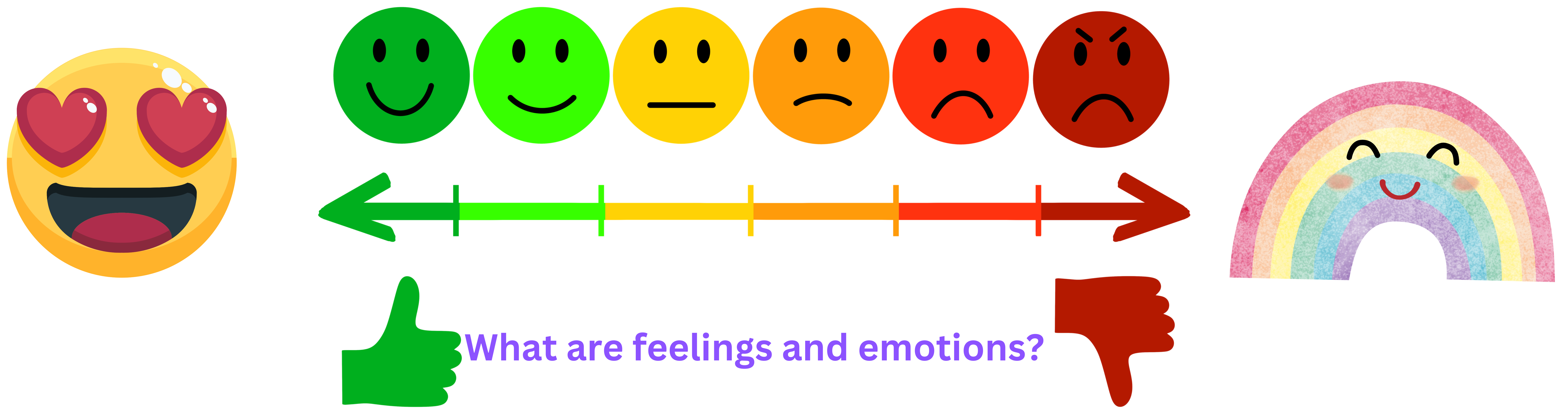


MIND-FULL PLAY

"Promoting Wellbeing Through Play"



Emotions



We all have feelings, they are part of everyone. We feel different things at different times depending on what happens to us.

Sometimes we feel sad – like when someone we love goes away.

Sometimes we feel happy – like when we are having fun with friends.



Sometimes we feel scared, angry, guilty, lonely, embarrassed or worried. It is important not to be ashamed of having feelings.

Feelings are a reaction to how your body is feeling.
For example: If you feel scared your body is telling you to react, you might scream or run away. Your body is very clever!



Sometimes your body can feel angry. You might feel like hitting out or saying something hurtful. This is not always useful. In this case try to stop and think about why you are angry and who you are angry with. Take a deep breath and explain how you are feeling.

We can all learn to show our feelings in ways that are helpful to us and to others, not through ways that are hurtful.

How do you handle strong emotions?

You are the boss of your body and your emotions. You choose how you react. If you are feeling angry, sad, unloved, lonely, left out you must do something about it. You must talk to someone about how you are feeling and why you are feeling this way. A teacher in school or a trusted adult at home will listen to you and help you work through your problem.

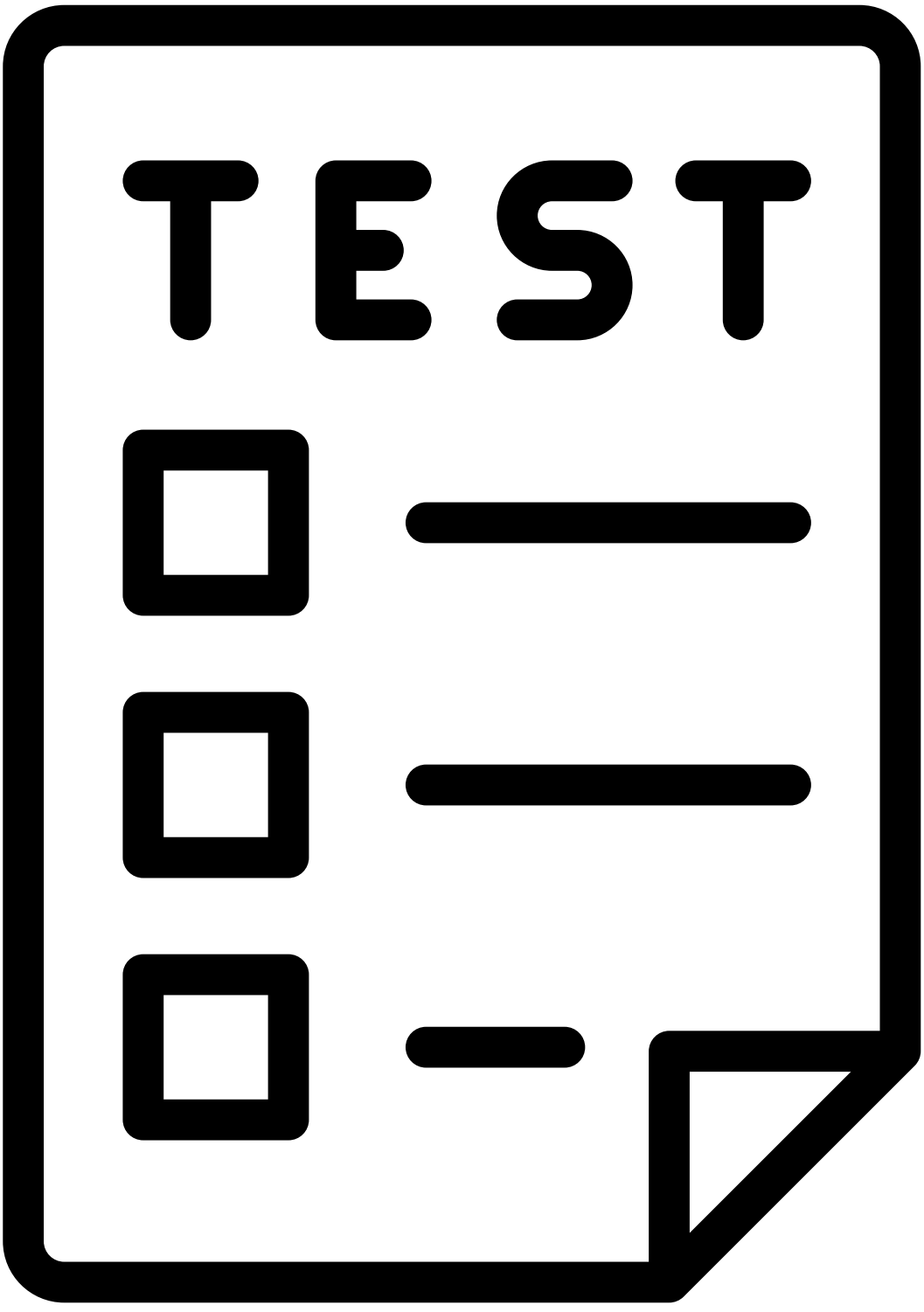
If someone you tell doesn't listen, try another adult. You have the right to be listened to. Try writing down how you feel, or draw if you prefer, just don't keep it in. By sharing your problem, you are beginning to offload your problem.



How do you feel?



School





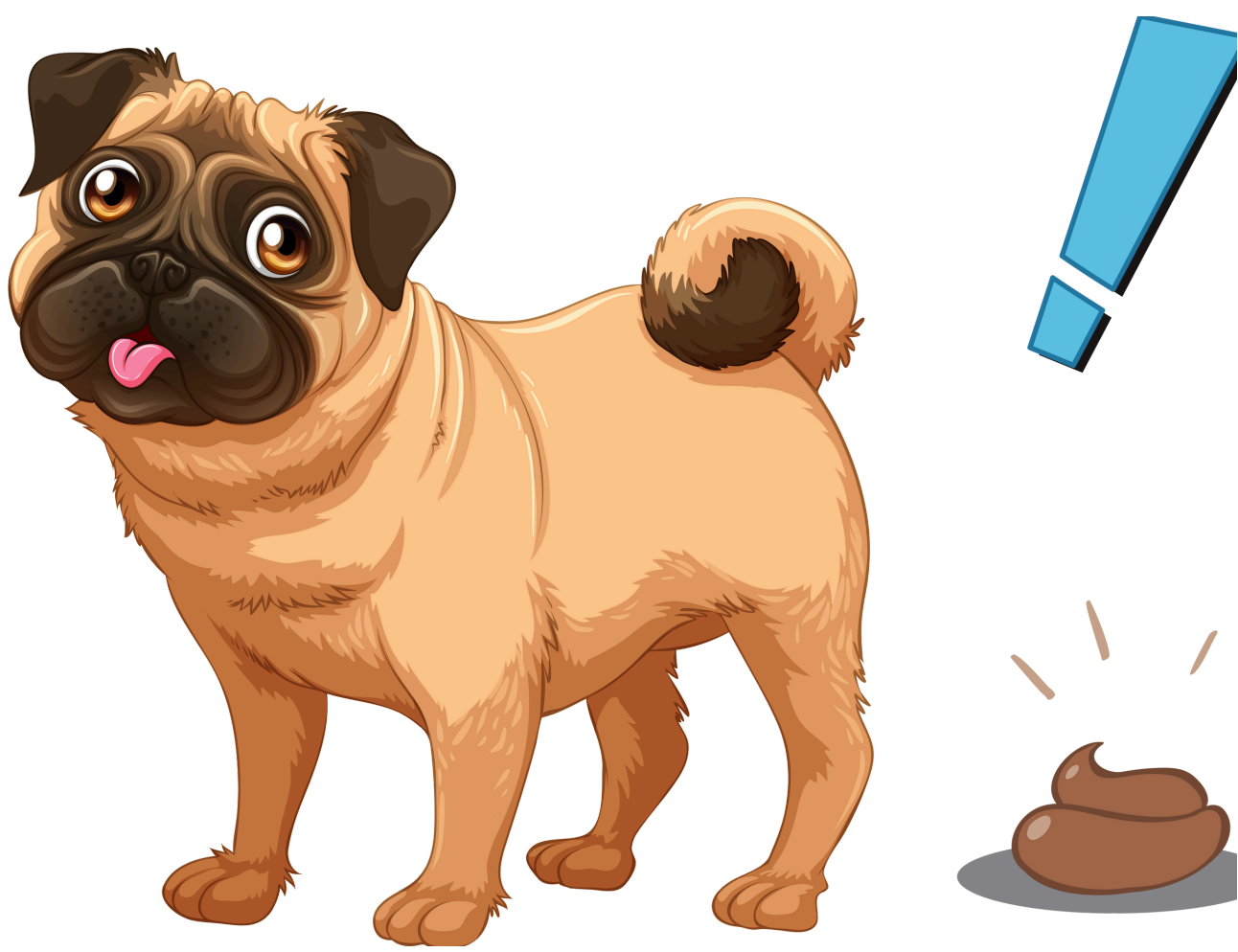
Family



Bullying



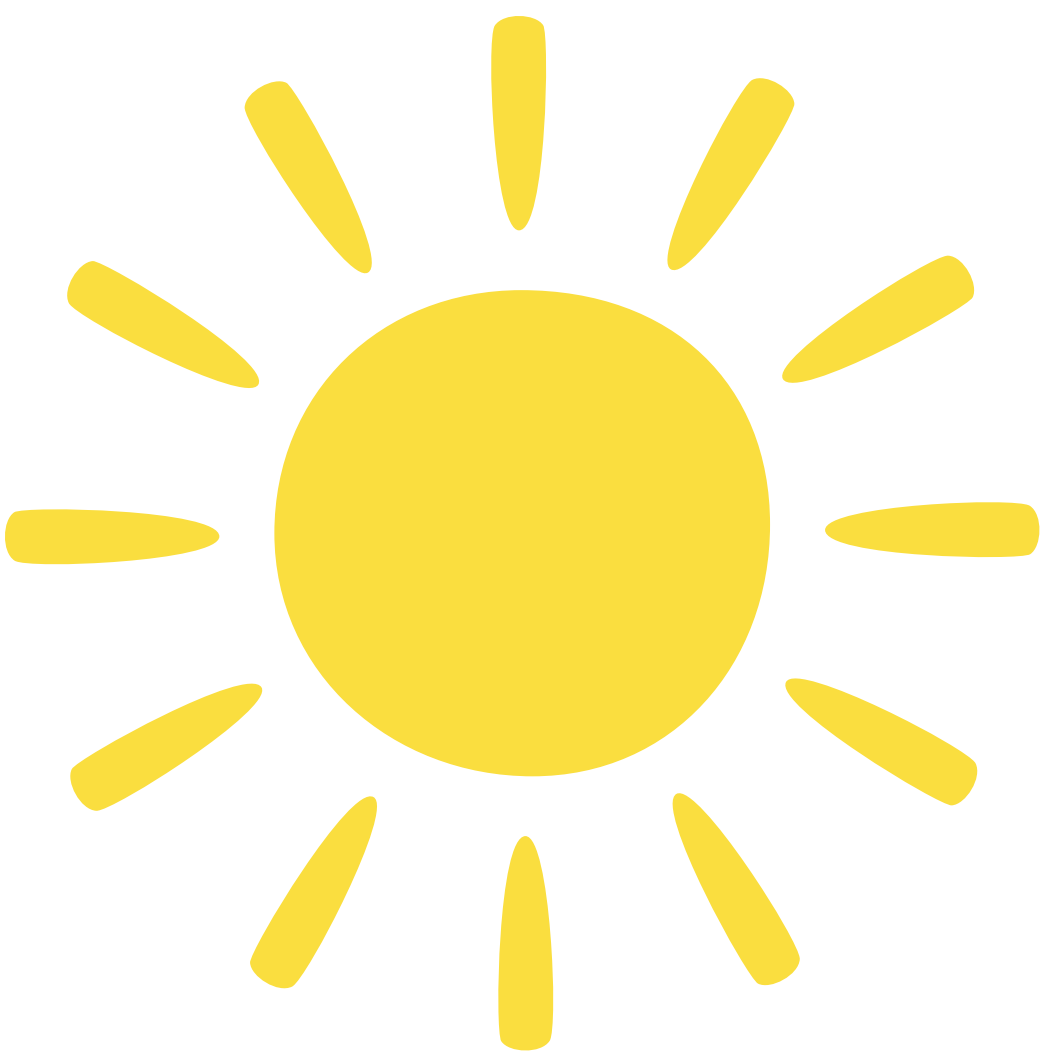
Friends



Dog poo



Ghost



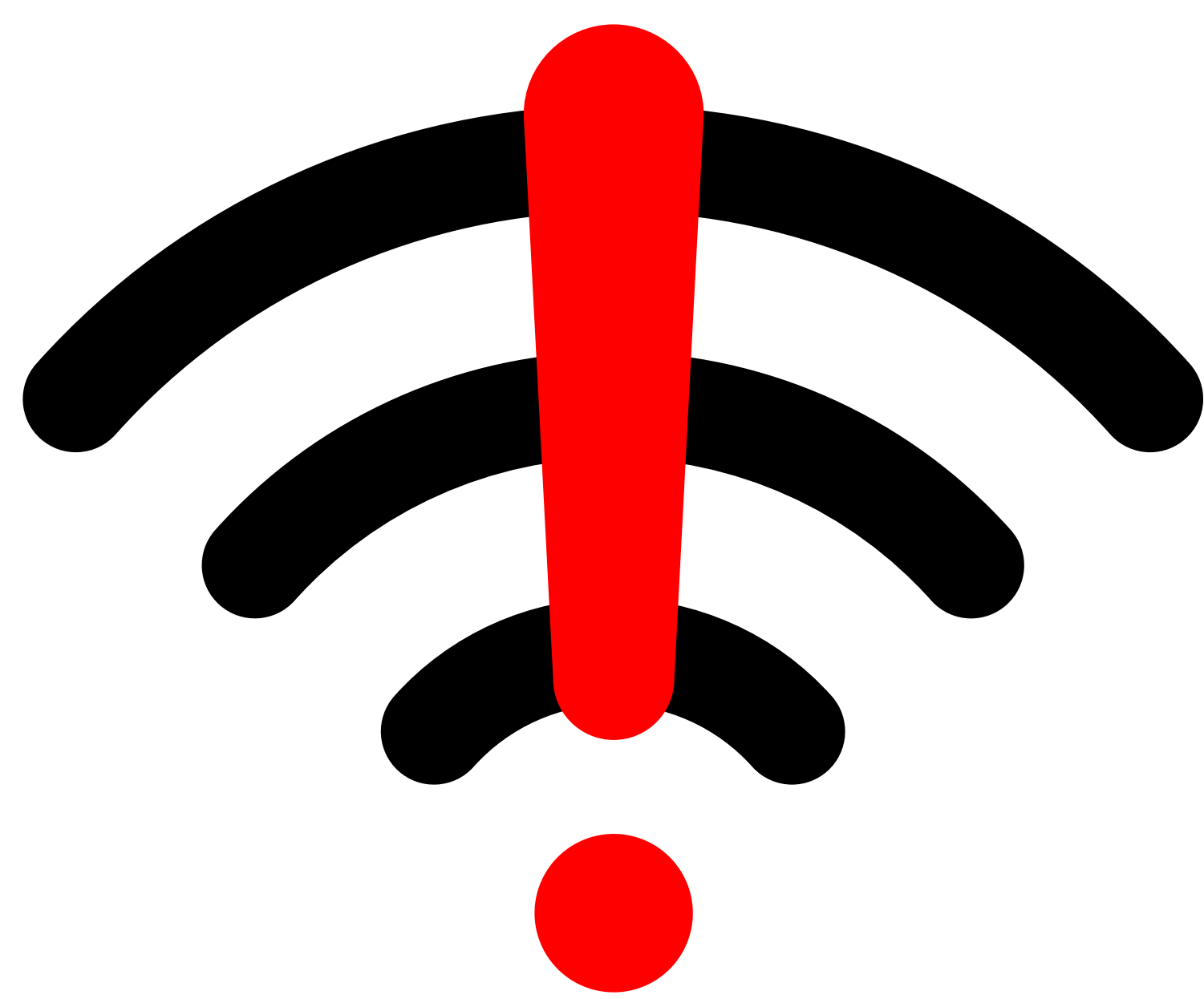
Sunshine



Arguring



Bad Weather



Bad Internet



Pet Dies



Managing Emotions

If I am feeling happy I can share it
with

If I am feeling sad I can talk to

If I am feeling angry I can manage
my emotions by

If I am feeling scared I
can reach out to

If I am feeling disgusted
I should

