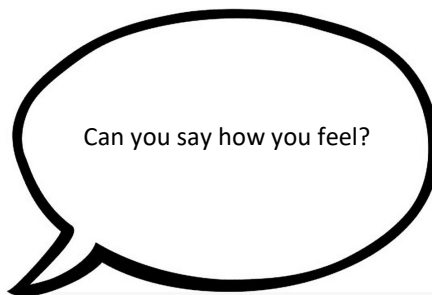


What are my emotions and how do I control them?

Word	Definition
opinion	To have a view on something
relax	To make yourself less stiff
calm	Not moving or still – taking deep breaths
tense	Physical or emotional strain

Key Knowledge and Concepts



We can share our opinion by: **putting our hand** up, writing it down or telling an adult .

Sometimes we need to stop and think before we act—especially if we are angry.



Relaxed is to rest while doing nothing or by spending time doing enjoyable things.

Feelings can be seen through facial expression, body language and people's eyes.

You can deal with worries by:

- talking to someone such as teachers, doctors and policemen
- looking at the worries and thinking about them are they real/ unreal, likely/unlikely
- using worry dolls.
- telling an adult

HOW ARE YOU FEELING TODAY?

 HAPPY	 SAD	 ANGRY	 HUNGRY	 EMBARRASSED
 SLEEPY	 UNSURE	 SICK	 PROUD	 LONELY
 JEALOUS	 SURPRISED	 ANNOYED	 SHY	 SCARED
 BORED	 NERVOUS	 EXCITED	 GUILTY	 SILLY