

LO: To recognise and respond to my own feelings and others

We can all feel angry, frustrated, upset and out of control at times. It can be difficult to manage these emotions. The way in which you decide to manage these emotions is important. The first step is to think about what makes you feel this way. Write down all the situations that cause you to feel these emotions in the boxes below.

1.

2.

3.

4.

The next step is to work out the coping strategies you can use to help you feel better. Look at the list of strategies below and circle the ones that you think could help you return to a calm state.

Drink water.



Listen to music.



Read a book.



Count to ten.



Find a place you feel calm.



Breathe deeply and slowly.



Use mindfulness to help.



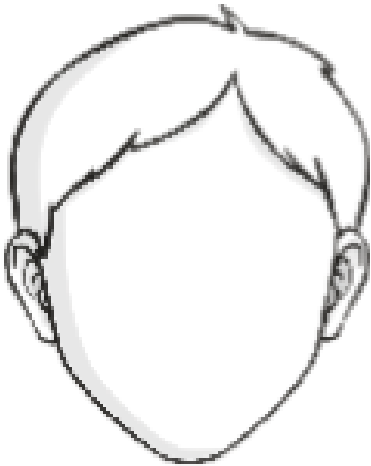
Paint or draw a picture.



Tell someone how you feel.



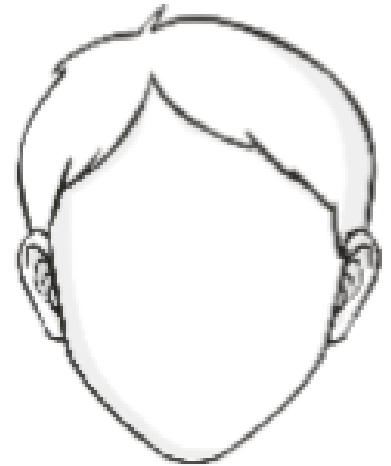
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I'm sad.



I'm angry.



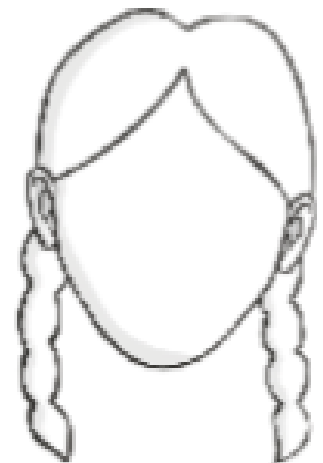
I'm unwell.



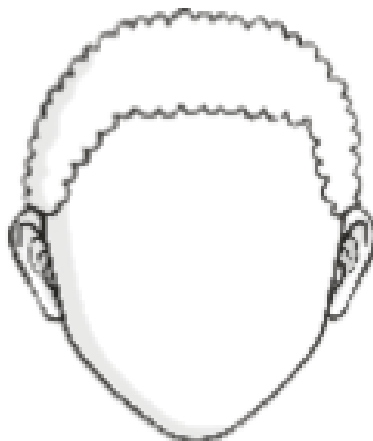
I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.