

LET'S LEARN ABOUT OUR EMOTIONS!

Big emotions and feelings are normal.
We can learn and grow together!

1 BASIC EMOTIONS

These are some emotions we all have.

USE:

Drawing, puzzles, roleplay, talking and scribble spot books to understand our emotions.



ANGRY



ANXIOUS



HAPPY



LOVED



SAD



CALM



CONFIDENT



SILLY

2 WHAT OUR BODY TELLS US

Our body gives us clues about how we feel.

USE:

Do a body scan or a scribble spot check-in.



Heart beats fast or slow



Breathing changes



Muscles feel tight or relaxed



Body feels hot, cold, or shaky



Stomach feels sick or calm

3 REGULATION ZONES

Work out what zone you are in to help you understand what you need.



CALM



I feel calm and ready.

FIZZY



I feel excited and wiggly!

FREEZE



I feel stuck and slow.

INTENSE



I feel angry or out of control.

4 MY TOOLS TO HELP MY BIG FEELINGS

Use my tools to help me through the big feelings and feel better.



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54321
(Use my senses to ground me)



Deep breathing



Stop and think



Rest



Move



Share thoughts

5 OTHER TOOLS THAT HELP

Use my tools to help me through the big feelings and feel better.



Trickbox



Scribble Spots



Big Life Journal



My Happy Mind



Talk to someone



iheart CBT



Counsellor Keri

These tools help me feel better, stay calm, and keep trying!

ALL FEELINGS ARE OKAY.

We can learn from our feelings. We are here for each other.