



FOR
CHILDREN
PART 1

The Little Book of Feelings



it's okay to
feel your
feelings

Check out the video quiz to
see the types of feelings you
may have!



It's important
to know how
you feel and be
able to say how
you feel...

LET'S
TALK IT
OUT

What are feelings?

Feelings are little messages
telling your body and brain
what's happening, you can have
many different feelings. They
help you understand yourself
and others around you.

Your **feelings** are
created by six
emotions:

1. Happy
2. Sad
3. Angry
4. Afraid
5. Surprise
6. Disgust



Understanding your feelings

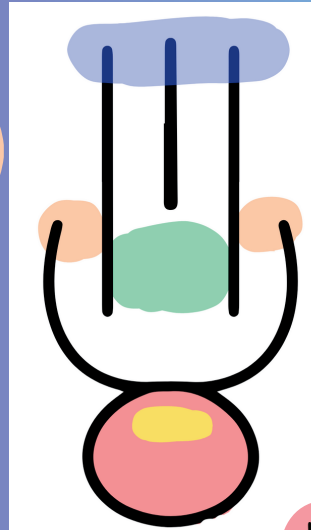
Feelings can be **BIG** or **SMALL**,
they can feel like a mixture of
good and **not so good**.

Some feelings come and go
quickly and others stay around
a little longer, but together they
make up how you feel inside.

Sometimes your feelings may
seem mixed up.



Body scan



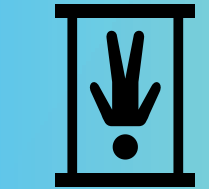
Mouth
Smiling
Dry
Sore throat

Hands
Still
Sweaty
Pins & Needles
Shaky

Head
Clear
Sore
Spinning
Muddled

Tummy
Fine
Yucky
Upset

Feet
Calm
Stomping
Bouncy

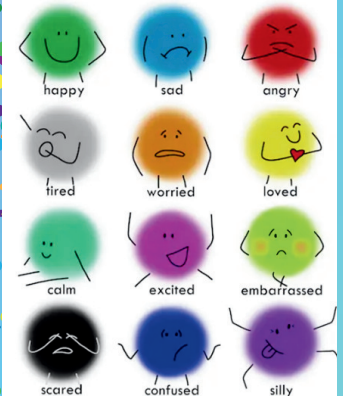


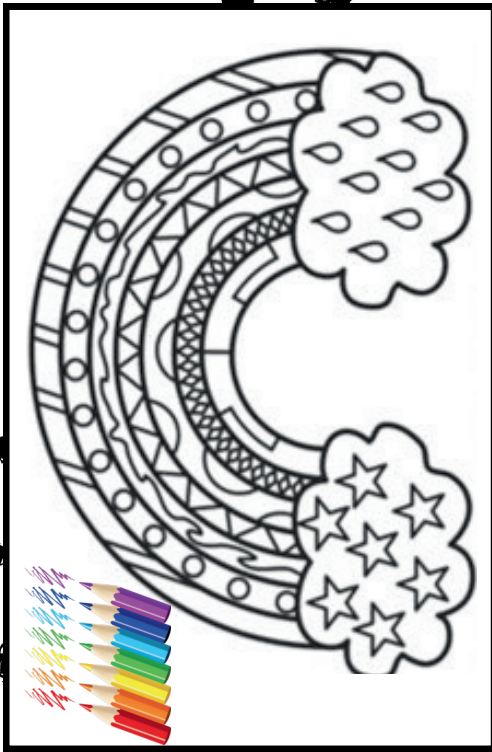
Your body
reacts to
your
emotions.
This is your
body's way
of telling you
how you
feel.

Pick the colours that match how you feel.
Colour the circle by using those colours.

You might use one colour or use lots of colours.

I feel...





Cosmic Kids

I AM SAFE

I AM LOVED

It's ok to make mistakes

I believe in me

I AM WORRIED

I AM KIND

I am confident

WILL BE everything

It's okay to not be okay

Calming words when you feel worried

QR Code

Calming your feelings

Starfish breathing

TO MANAGE EMOTIONS

Fingerhold

When I feel down or a little bit sad, if I hold my thumb, I don't feel so bad.

My pointing finger for when I panic, I can face my fears whether small or gigantic.

When anger makes me want to explode, My middle finger is the one I hold.

When I am worried about any old thing, I hold the finger which is meant for my ring.

My little finger will help me see, I'm a fine person and I'm glad to be me.

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Feelings = Emotions

Happy Laughing, smiling, energetic

Sad Grumpy, crying, moody

Angry Stressed, fighting, snappy

Fear Scared, upset, worried

Surprise Shocked, shaking, excited

Disgust Unhappy, annoyed, yucky

Turn your frown upside down

What makes you smile?

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ASKING for HELP is OK

SCAN ME

Sometimes you may have feelings that aren't nice. If you are worried about these feelings, you can talk to your...

Friends Parents/Carers

Doctor Coach Family

Teacher Youth worker

How to cut & fold

SCAN ME

The Little Book of Feelings

FOR CHILDREN PART 2

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