

## My Emotions














Draw a face next to all these emotions:

Emotion	Face
Happy	
Lonely	
Embarrassed	
Sad	
Cheerful	
Angry	
Frustrated	



Discuss the following emotions and fill in this chart:

Emotion	Where do you feel this emotion? (Tummy/head/neck/fists/smile /all over.)	Do you like This emotion?	What do you do when you have this emotion?	What could you do? *
Happy				
Lonely				
Angry				
Cheerful				
Frustrated				
Embarrassed				
Silly				

Excited				
Content				
Annoyed				
Sad				

Which emotion makes you feel the YUCKIEST?

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.....

.....

Which of the following could you do when you have this YUCKY feeling?

Breathe    walk away    think of something nice

Tell myself this moment will pass    go for a walk

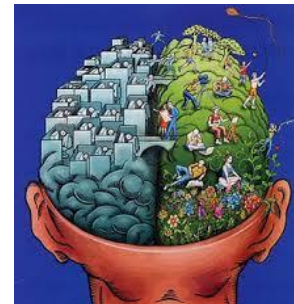
Talk to someone I trust    tell myself I can calm this emotion down

✓ Any other ideas?

.....  
.....  
Our brain is just a lot of chemical wiggles

The wiggles on the left are very sensible wiggles. We need these wiggles to calm our right brain down. One way we can do this is by letting our left brain say something very sensible to our right brain

The wiggles on the right are creative, fun and emotional. Sometimes they run away and go crazy! That is when we need our sensible left brain.



So when the right side gets SUPER EMOTIONAL the left side can use words:

- ✓ I am feeling frustrated so I better walk away.
- ✓ I am feeling angry so I better breathe and be by myself for a while.
- ✓ I am so excited, but I need to calm down so other people don't get annoyed with me.

## Games:

### 1. Everyone reads these emotions:

Frustrated angry sad calm dreamy excited  
embarrassed furious cheerful nervous shy

Puzzled overwhelmed curious mischievous  
overwhelmed jealous

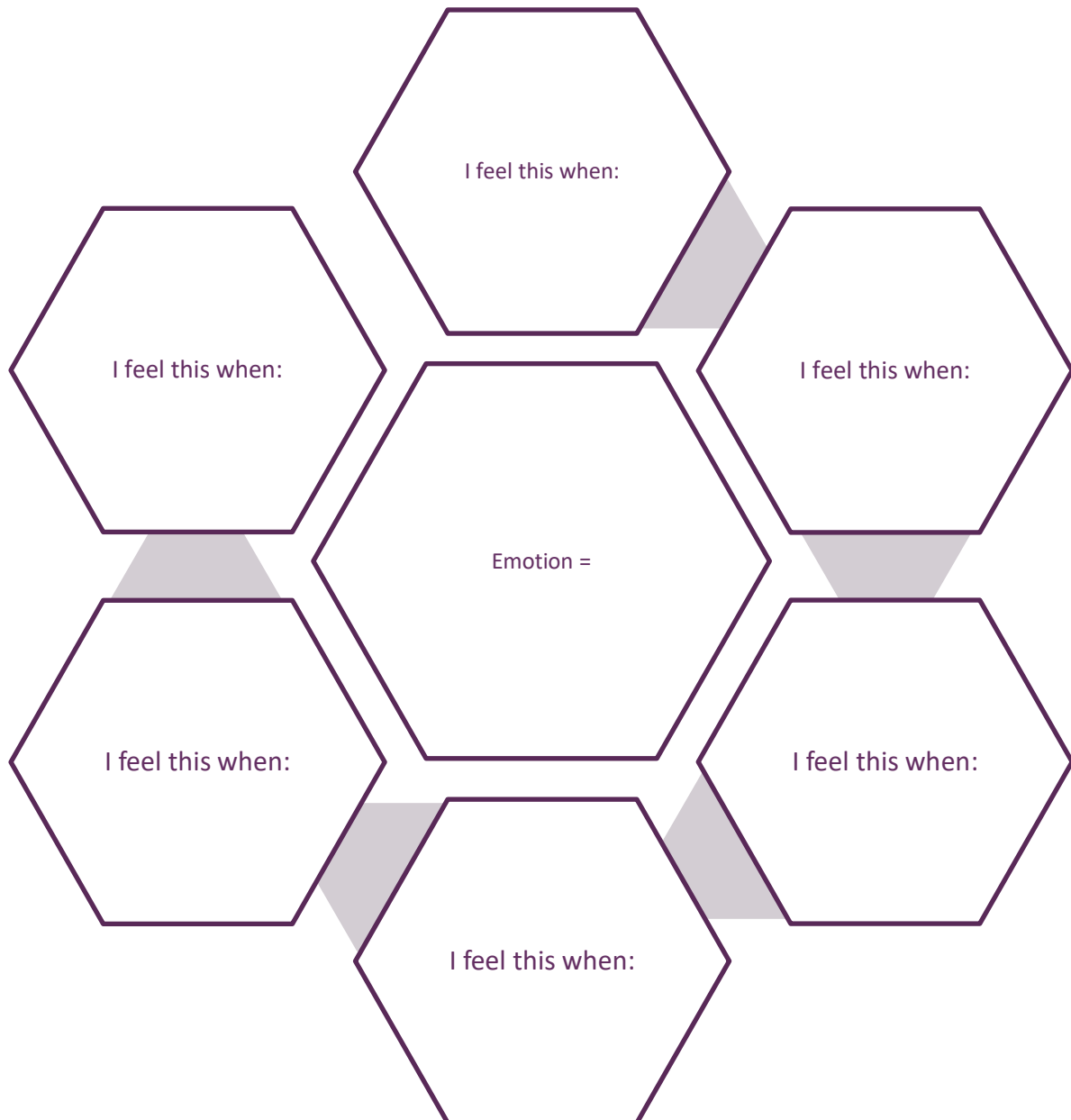
One person acts out an emotion and the others have to guess what that emotion is.

### 2. In pairs everyone brainstorms when they can feel the above emotions:

Example:



## Template for emotions





### 3. Play blind man's walk.

Find a partner. One person wears a blindfold. The other person leads the person with the blindfold **SLOWLY** and **CAREFULLY** around the garden or room. Gently help them feel different textures: bumpy wall, smooth fabric etc.

### 4. Play blind mans' bluff.

One person puts the blind fold on. The rest of the group sit in the circle. Everyone in the circle takes turns to call out HELLO. The blind person has to guess who called out HELLO – if they guess that person is blindfolded.