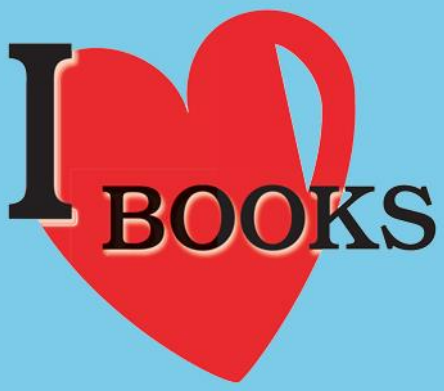


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Me and my feelings

Feelings can change during the day. How do you think the children feel in this picture? Choose from the words below. Answers on page 32.

happy shy upset surprised proud



What do you think made Mo feel happy?
What makes you feel happy? When do you feel upset?

Which is which?

Joe has drawn some faces to show different feelings. Are there times when you felt like each of these? What made you feel like that?





angry



sad



worried



excited



scared



happy

Saying sorry

If you do or say something that makes somebody feel sad or bad, you hurt their feelings. You can say "sorry" to make them feel better.



Me and my body



Mo and his friends are pointing to different parts of their faces. Can you point to each one on your face?



eye | ear | nose | cheek



mouth | lip | eyebrow | chin

How do you think these children feel in each picture? Answers on page 32.



a) b) c) d)