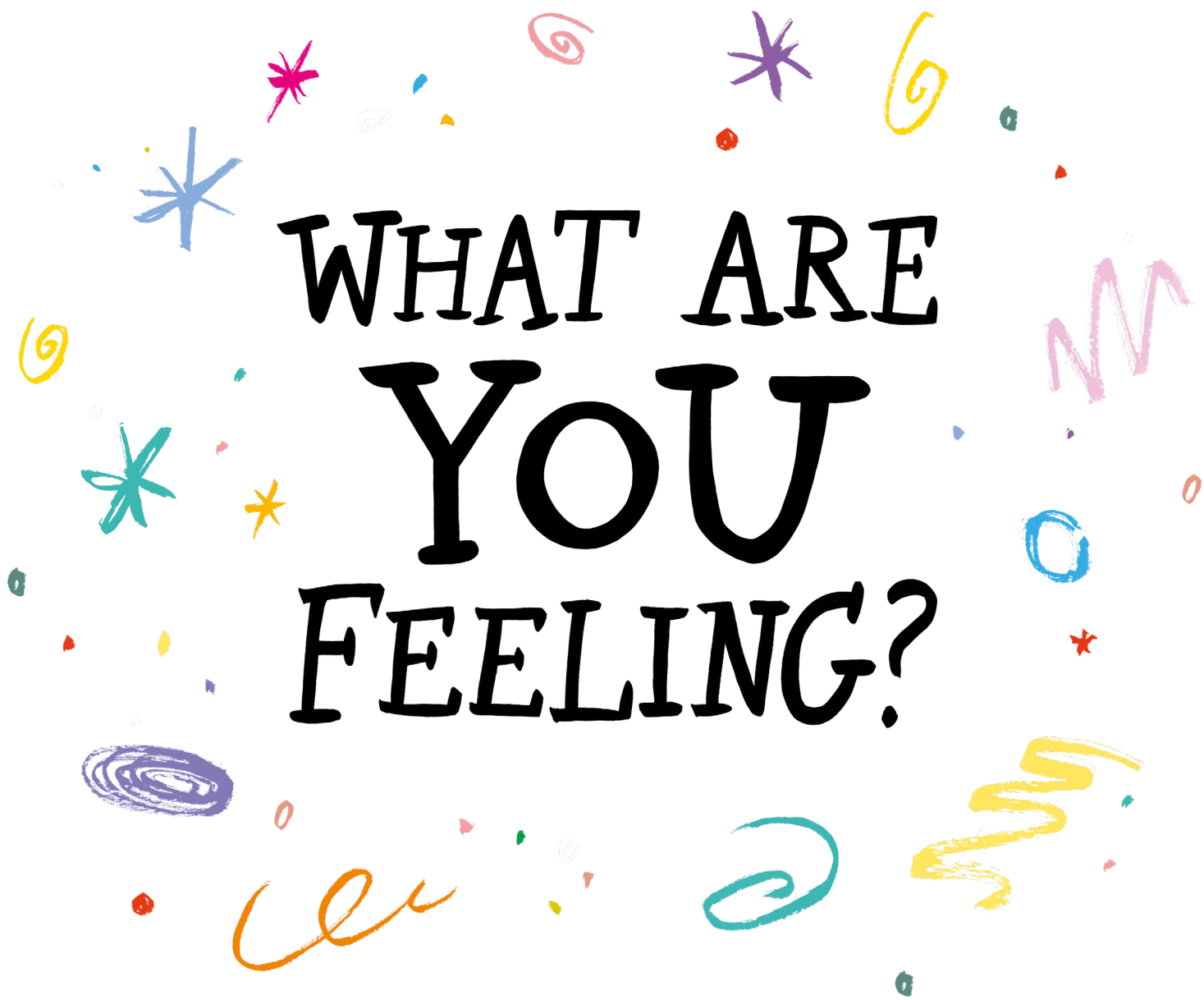

WHAT ARE
YOU
FEELING?

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The School of Life

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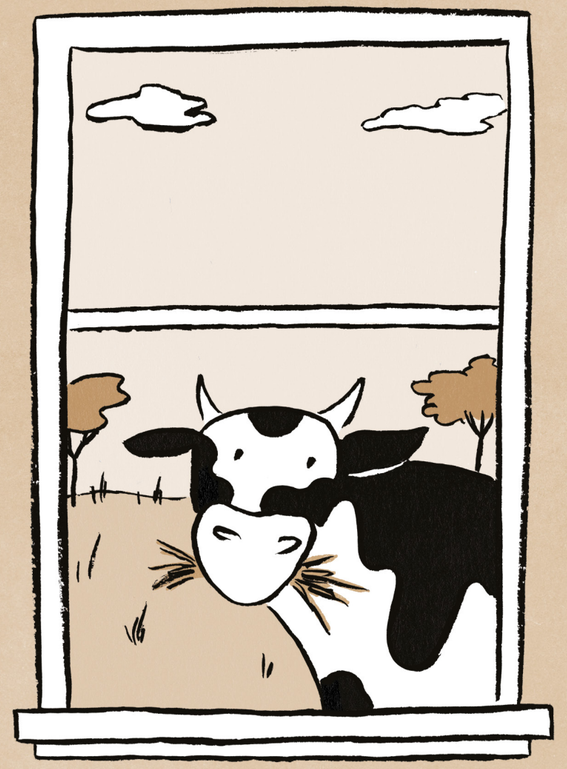
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What is this book all about?

Feelings can be complicated, confusing or hard to explain. For example, a cow might have lots of very interesting feelings, but it can be hard to know. You would probably be able to tell from its behaviour if it was *friendly* or *frightened*, but sometimes feelings aren't so obvious, and a cow can't use words to tell you what it's feeling.

You're a bit like a cow. We don't mean that you have four legs and like eating grass! We mean that sometimes it's not obvious how you're feeling. But a great thing about being human is that you can use *words* to *tell* people.

When you were a baby, you couldn't say you were hungry or tired, so grown ups had to guess what you were feeling. But as you've got older, you've learnt to speak. As you grow up, you get more and more complicated feelings. So, it's good to know some more words to help you talk about them.



That's what this book is all about: finding interesting words for interesting feelings. We're going to explore what lots of feeling words really mean and which words best describe the many feelings you may have.

Ready? OK.
But there's one last important thing to say before we start …

Sometimes it's difficult to talk about what you feel

This book is not just about finding the right words to describe your feelings, it's also about helping you to share them with someone else.

The grown-up who reads this book with you is showing you that they want to listen and understand. They're saying that it's good to take time to talk about your feelings *even if they seem very complicated.*

Sharing your feelings is a great way to understand them and to manage them. The person listening to you won't say they're silly or wrong, they'll say something helpful like 'tell me more' or 'it's OK to feel like that'.







No feelings are bad and they're always important. So, let's start talking about some *interesting feelings.*



Sad

Sometimes it's really tricky to talk about feeling sad. You have a heavy feeling inside. You might want to cry. Your best friend is playing with someone else and you feel left out. Or you just woke up feeling this way and don't know why. Maybe you're sad about something that happened a while ago and it just popped into your head.

This might sound really odd, but it's actually helpful to feel sad. You feel sad because something upsetting has happened. The problem comes if you try too hard to stop yourself feeling sad. You might say you don't care or you don't mind, but inside the sadness is still there.

What sadness needs is someone who understands. You don't always want someone to say, 'Don't worry, it doesn't matter', you want them to say, 'I understand, it's OK to feel sad.'

Silly

It's wonderful to feel silly sometimes.
What if you put your clothes on upside down? And wore gloves on your feet?
Or pretended the house was upside down and you were walking on the ceiling? What if children were in charge of the world and grown-ups had to do what you told them?