A Let's Talk Book

How Are You Feeling Today?









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For Caroline, who is very good at emotions.



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How Are You Feeling Today?

We all have feelings. Some are enjoyable and some are not.



When we feel something, whatever it is, we can always choose what we do about it. Understanding our feelings can make us much better at handling all kinds of situations.

Dip into this book for some ideas about what you could do. This will help you get to know your feelings better!



It's good to remember that feelings are part of being human. Getting to know your own feelings can help you understand other people's feelings, and this can be really helpful.

If you are feeling . . .



. . . happy
turn to page 6.



. . . angry
turn to page 8.



. . . bored
turn to page 10.



. . . worried
turn to page 12.



. . . sad
turn to page 14.



. . . excited
turn to page 16.



. . . grumpy
turn to page 18.



. . . scared
turn to page 20.



. . . quiet
turn to page 22.



. . . jealous
turn to page 24.



. . . embarrassed
turn to page 26.



. . . shy
turn to page 28.

When you feel happy, you could . . .

See if you can make yourself laugh. Start by pretending and see if it becomes real. You might get some funny looks!



Make a list or draw pictures of food, people, places and other things that make you happy – like eating chocolate cake or flying a kite!



Make someone else happy by telling them how special they are.



Hum, whistle or sing at the top of your voice.





Decide what happiness looks, sounds, tastes, smells and feels like. Imagine yourself eating or cuddling happiness!



Make a happy collection – a box of things that make you happy. Include photos and nice things people have said to you.



Skip around and make everyone wonder why you are so happy!



Make a smile collage. Cut out smiles from magazines and stick them on a large piece of paper. Draw some, too!



Feeling happy is an enjoyable feeling. It makes you smile and feel like the world is a wonderful place.

When you feel angry, you could . . .



Think about where inside your body you are feeling your anger.



Draw lots and lots of clouds to help the anger float away.



Tell an adult exactly why you're angry.



Try and think about something funny until the anger passes.

Leave the situation if you can.



Close your eyes and take some deep, deep breaths.



Go for a walk in the garden or the park.



Count down from 100. Try not to fall asleep!

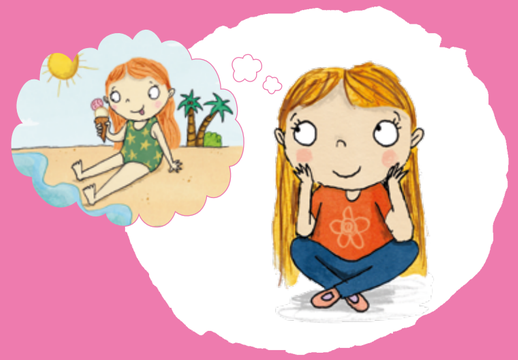


Feeling angry or cross usually feels quite horrible. It can sometimes make you want to bash things but this is never a good idea because other people get hurt and things get damaged!



When you feel **bored**, you could . . .

Sit still, rest and imagine yourself on a hot, sunny beach eating a yummy ice cream.



Ask someone if they would like a tickle fight.



Tidy up a messy drawer or a jumbled shelf.



Wander around trying to find every letter of the alphabet in your house somewhere.





Look at some old photos and see how you have changed.



Listen to some lively music and get jiggling to it!



Try and copy a picture from a book that you like.



Explore your home looking for the five absolutely nicest places to be.

When you feel bored you feel like nothing is interesting or exciting, so you don't know what to do. To stop yourself feeling bored, you have to push yourself to go and do something.

