



MOLLY POTTER

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BLOOMSBURY EDUCATION

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.

of situations.

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



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





...grumpy turn to page 18.





If you are feeling...



... bored turn to page 10.



... angry turn to page 8.



... happy turn to page 6.



turn to page 16.



... Sad turn to page 14.



... worried turn to page 12.

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...qviet turn to page 22.



... scared turn to page 20.









... shy turn to page 28.

When you feel happy, you could ...

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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!

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







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

What's going on here?

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



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

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.





Go for a walk in the garden or the park.



Tell an adult exactly why you're angry.



Try and think about something funny until the anger passes.



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! 222 9

Close your eyes and take some deep, deep breaths.



Count down from 100. Try not to fall asleep!

> 97, 96, 95, 94.

When you feel bored, you could ...

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



Tidy up a messy drawer or a jumbled shelf.



Ask someone if they would like a tickle fight.



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





you have changed.



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



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.

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Look at some old photos and see how

Listen to some lively music and get jiggling to it!

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