A Let's Talk Book

How Are You Feeling Now?









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Dedicated to my wonderful friend Leilai Immel-Parkinson – one of my favourite playmates who is such a mix of fun, interesting stuff, humour, depth and bizarreness!



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How Are You Feeling Now?

Feelings visit us all the time. They are a normal part of being a human!

Some feelings are enjoyable and others are not. We can't stop ourselves from feeling the less enjoyable ones, but we can get really good at knowing what to do when they come along.



This book looks at twelve different feelings. It has ideas for what you can do when you feel each of them, and sometimes suggests ways to help you explore feelings further.



P.S. You might also have the book *How Are You Feeling Today?* This book gives you another set of emotions to think about!

If you are feeling . . .



. . . giggly

turn to page 6.



. . . anxious

turn to page 8.



. . . confused

turn to page 10.



. . . disappointed

turn to page 12.



. . . proud

turn to page 14.



. . . brave

turn to page 16.



. . . frustrated

turn to page 18.



. . . guilty

turn to page 20.



. . . lonely

turn to page 22.



. . . grateful

turn to page 24.



. . . surprised

turn to page 26.



. . . playful

turn to page 28.

When you feel giggly, you could . . .

Try out some different ways of laughing and see which sounds the funniest.



Describe what made you giggle and see if it makes you giggle even more.



With a friend, say 'I am extremely serious' in a very serious voice, until you start giggling.



Imagine being a wizard who could cast a giggle spell on other people. Even people on TV!





Decide where you would be on a giggle-ometer.



Pull a really funny face that might make someone else giggle.



Imagine how you could change ordinary things to make people giggle.



Tell a joke to make other people giggle too.



We feel *giggly* when we think something is funny, or sometimes we just get the giggles for no reason! Remember, it's important not to *giggle* at other people in a way that might upset them.

When you feel anxious, you could . . .



Remind yourself that you have coped before in situations that seem scary.



Imagine everything that you are anxious about turning out well.



Remember that most things do turn out OK – even the things we have been really anxious about.



Do some exercise like star jumps, or go for a walk outside.

Imagine a picture of the thing you feel anxious about and then imagine scrunching it up into a tiny ball.



Find an adult who cares about you and talk to them about why you are anxious.



Use all of your brain to do something you really love.



Imagine smelling a flower. Breath in slowly through your nose to smell it, and breath out even more slowly through your mouth to blow the petals.



We feel anxious when we're not sure how something will turn out. We keep thinking about what could go wrong, and it can feel like we won't be able to cope.



When you feel confused, you could . . .

Work out exactly what you are confused about.



Work out what questions you need to ask to stop you from being confused.



Say 'I am SO confused'. See how long you can say 'so' for!



Write a list of people who are good at explaining things. Tell one of them you're confused and ask for help.





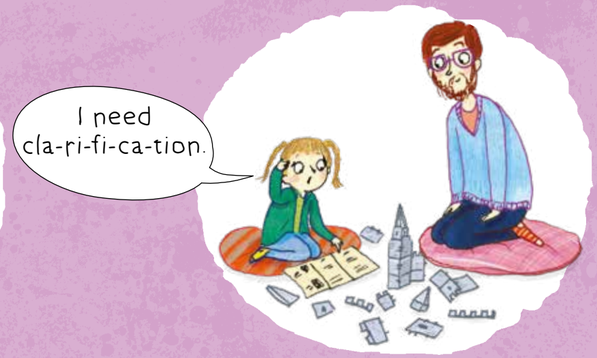
Take photos or draw pictures of people pulling their most confused face to show how everyone gets confused at times.



Imagine you were given a really confusing meal. What meal would that be?



Draw what your confused thoughts would look like.



Tell an adult that you need *clarification* because you are confused. It's fun to use fancy words!

We feel confused when we don't understand something or we can't work out what to do. Being confused can make us feel like we are in a real muddle, and it's not usually enjoyable.

