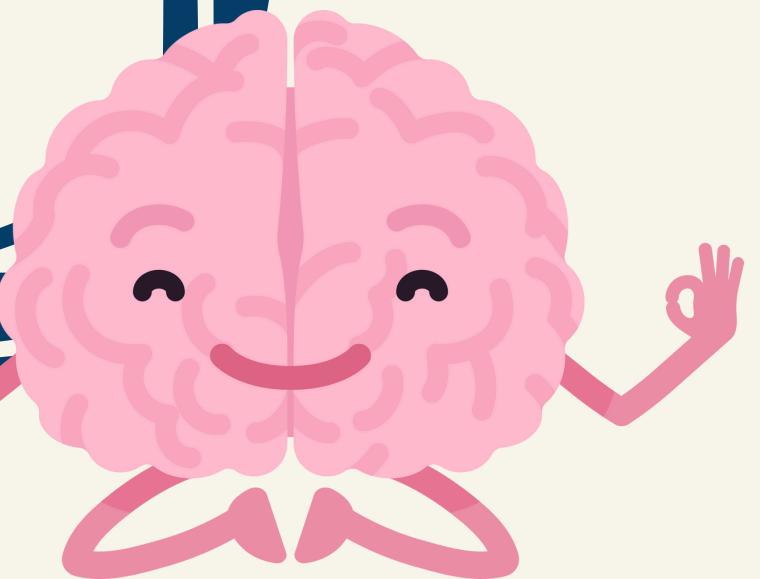


# Emotions!

A walk through, exploring emotions.

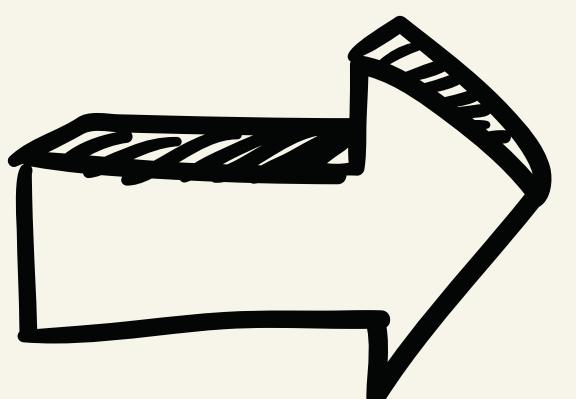
Appropriate for children aged 4-8 years.



# Can you name these emotions?



Answers on the next slide





Happy



Angry



Anxious

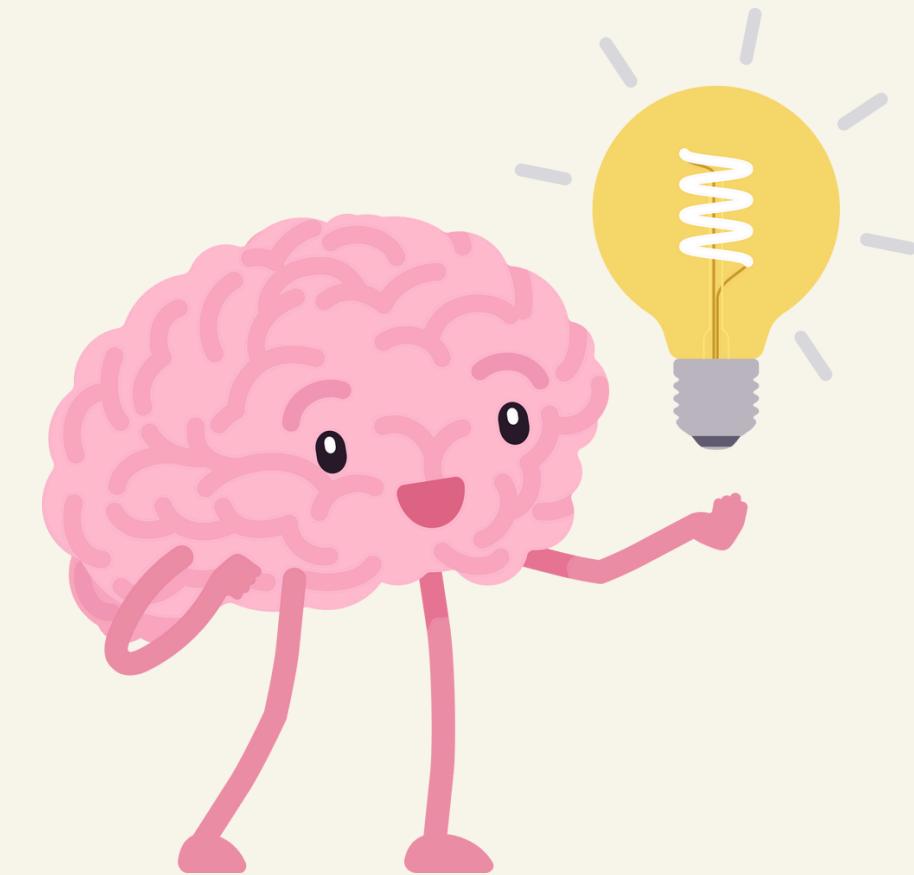


Excited

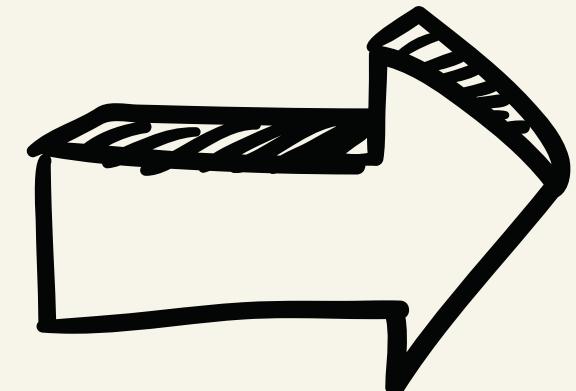


Did you know....

All emotions are  
normal and  
everybody feels  
them!



Let's look in more detail...



1)

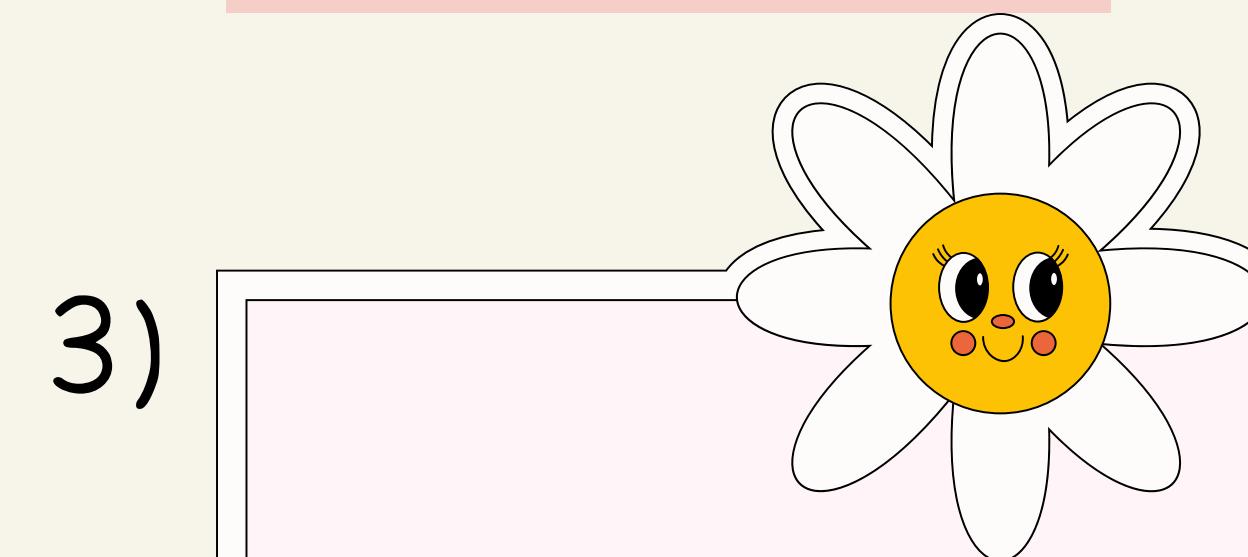
Describe a time when you were happy.

# Happy



2)

Is happy a nice emotion? Explain why



Try this: Walk around the room in a happy way! What do you notice about the mood of the room?

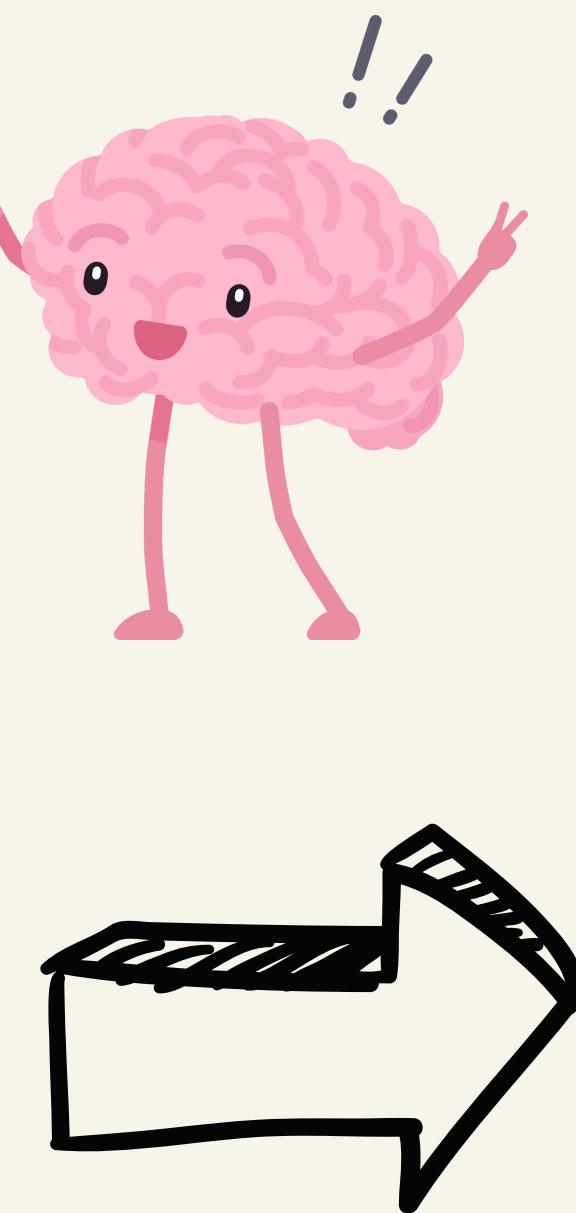


# Angry

When you feel angry, where in your body do you feel it?



Let's practice some breathing on the next slide

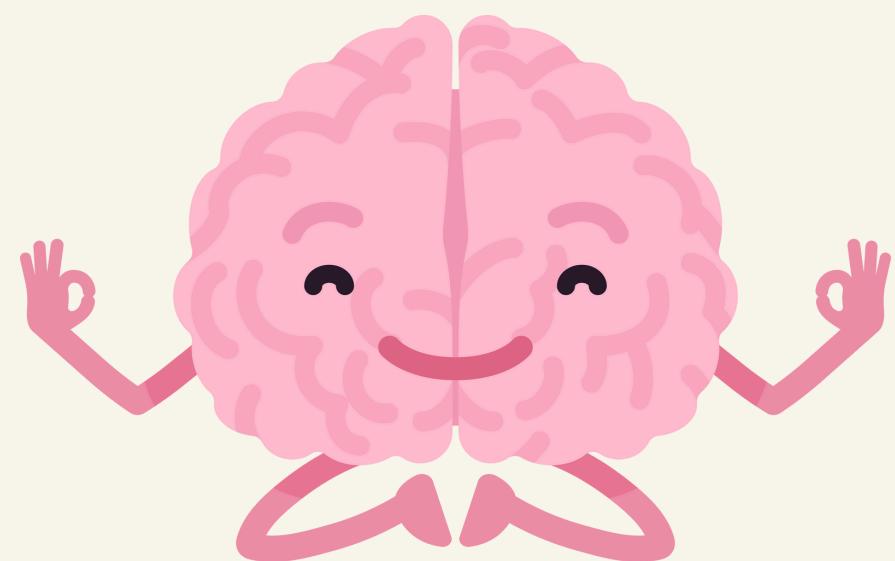


1) Inhale to make the circle big,  
exhale to make the circle small



2)  
Try placing one hand on your heart and one hand on your tummy. Close your eyes and focus on your breathing.

3)  
Breathing slowly helps our heart rate to lower and helps us to begin to feel calmer





# Excited!!!



## 1) Try this:

Without making any noise,  
show me that you are  
excited.

2) Do you find that you have lots of energy when you are excited? You may notice that your heart beats fast and you feel like jumping! Talk about a time you felt excited.



1)

Let's talk...

Describe a time you felt sad.

What happened?

What can help to cheer you up?

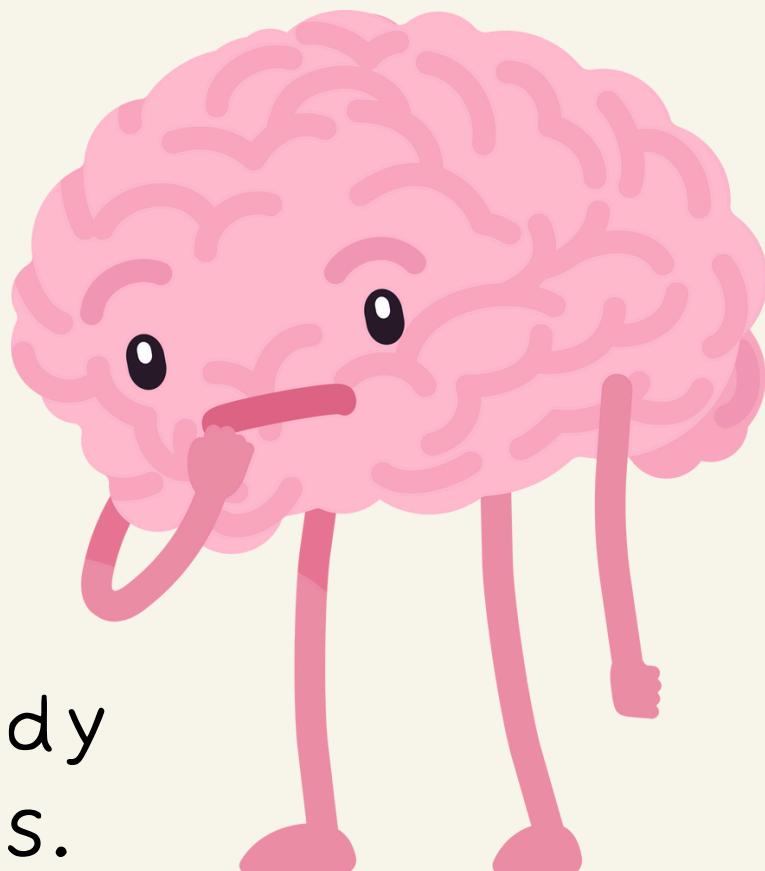
Sad



2) what can you do if you see a friend who is sad?



3) Remember....everybody feels sad sometimes.



# Remember...



There are many more emotions we feel. Can you think of any more?

Talking about emotions is important as it helps you to understand them.

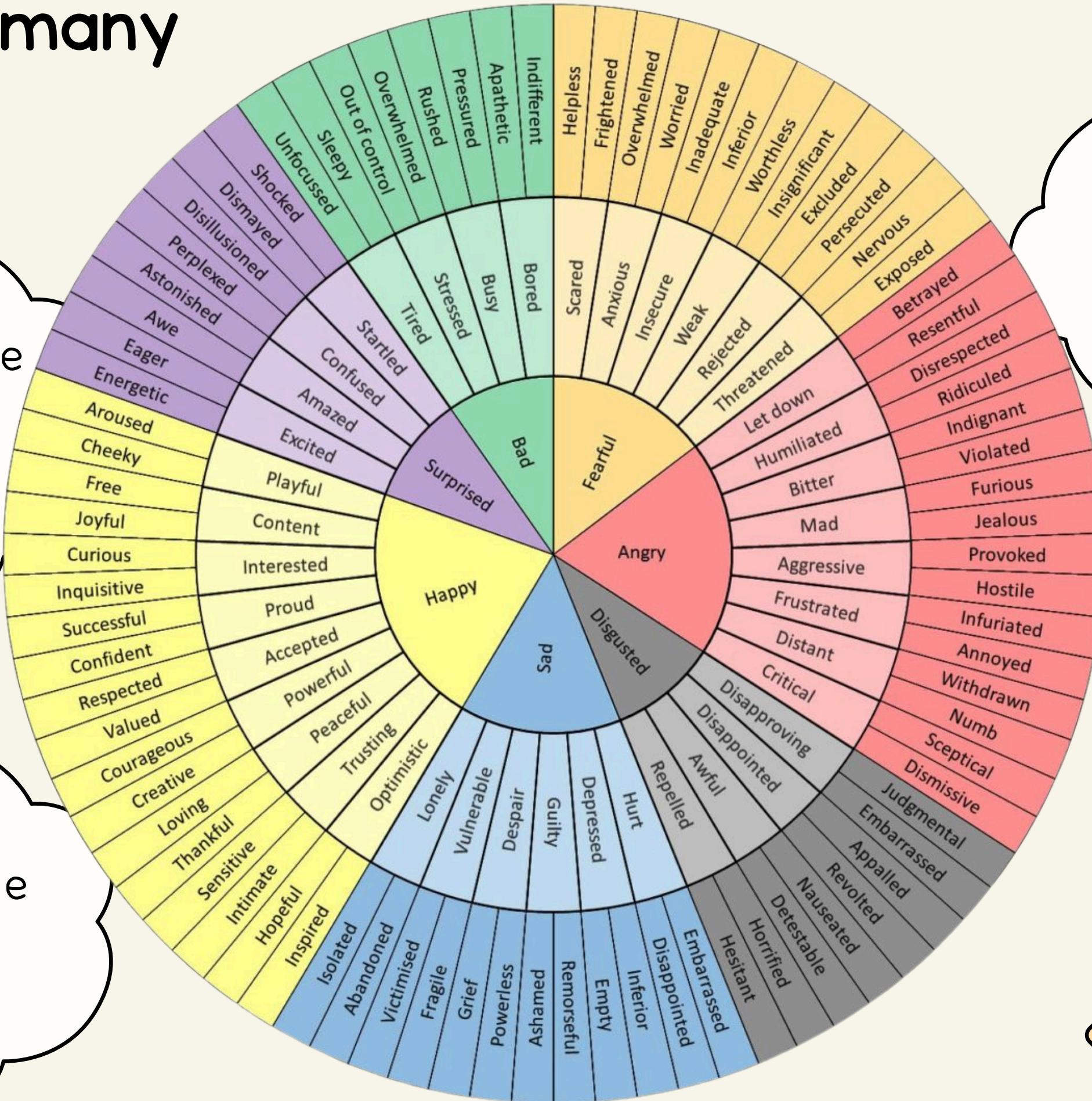
If you understand them you can begin to learn ways to control them.



There are so many emotions!

How many of these emotions do you know?

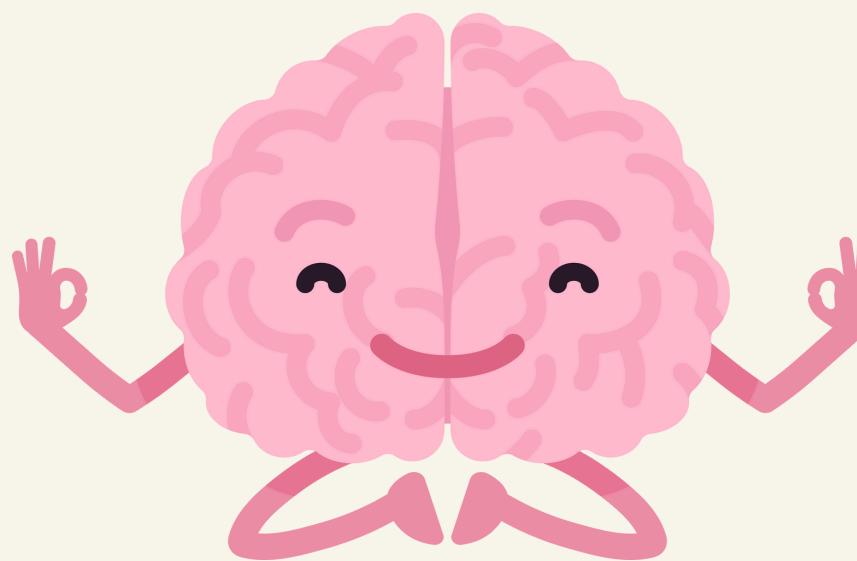
which emotions are  
your favourite?



# Which emotions are helpful?

How many of  
these emotions  
can you act  
out?

# Emotions are important!



we have emotions to tell us when something is wrong and when something is good.

It is important to listen to our emotions so that we can control our actions





# Freeze!

## Try this:

- 1) Think of a feeling and act it out.
- 2) when I shout "freeze!" you freeze exactly as you are!
- 3) whilst you are frozen, think and tell me about:
  - What are you feeling? What could you do right now that would be helpful or kind?
  - Is there something you should not do, even if you feel this way?
  - Can feelings change if we do something different?



Remember!  
Feelings are normal,  
but we can choose  
what we do with our  
actions!

