

GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers
- If you need support after this lesson, speak to a trusted adult for support.

TASK 1

What was the first emotion you felt when you woke up this morning?

TASK 2

Think about the moment you woke up till now. How many emotions can you think of you have felt?

TASK 3

Emotions Questions

- What times can you remember when you felt a difficult emotion?
- What times can you remember when you felt a good emotion?
- What helped you in that moment?
- What made you happy?
- Who helped you in that moment?
- Who made you happy?

Every single one of us is feeling at least 1 emotion at any point in the day.

This means that your friends and teachers sitting around you right now are likely feeling different emotions to you or even lots at the same time! This is natural!

Our emotions can change SUPER QUICKLY!

It's part of the reason it's so important to remember that we're all different and to always be kind (try your hardest to walk away if you can't be kind - don't pass your hurt and anger to others through your words or actions and instead take time to calm down and then talk to an adult you trust).

An important one that some children, young people and adults get confused about is crying - crying is NECESSARY. For ALL ages and ALL genders - boys, girls and adults. Crying is your body's way of releasing hurt inside you, if you don't release it, it will get trapped and often come out in anger and frustration instead which can then easily hurt yourself or others.

If anxiety is causing difficulties for you, talk to someone you trust and both of you can check out the website YoungMinds for some brilliant tips. Talking really is key, so please let someone know.