

Now choose one of the emotions to explore further. Use the worksheet below to help you.

For example, gratitude - I remember feeling grateful to the doctor who helped me when I broke my leg.

Things that make me feel...

Emotion:

- When?
- What happened?
- Who?
- Why did you feel this way?
- What can we do to help us deal with this emotion?

Matching emotions and actions

Look at the situation cards below. For each one think about what emotion(s) would someone be feeling in this situation?

Situation cards

**Falling
over**

**Losing
your
favourite
toy**

**Arguing
with a
friend or
family
member**

**Getting a
reward for
working
hard**

**Playing
your
favourite
game**

**Having a
birthday
party**

**Not
finishing
your
homework
on time**

**Being told
off**

**Missing
your
favourite
club**

Now create three situations of your own and describe the related emotions.

