

FEELit!

PLEASED

PLEASED

Feeling good about something that's happening or about to happen.



I'm going to share a story about a
time when something happened
that made me feel really

PLEASED

PLEASED



“I felt pleased when...”

What has happened to you before that made you pleased?

SHARE



PLEASED

What does being pleased feel like in your body?

Does it have lots of energy or not?

Do you feel good when you are pleased?

PLEASED

Can you think of a book or story about someone who is pleased? Let's find some together.



PLEASED

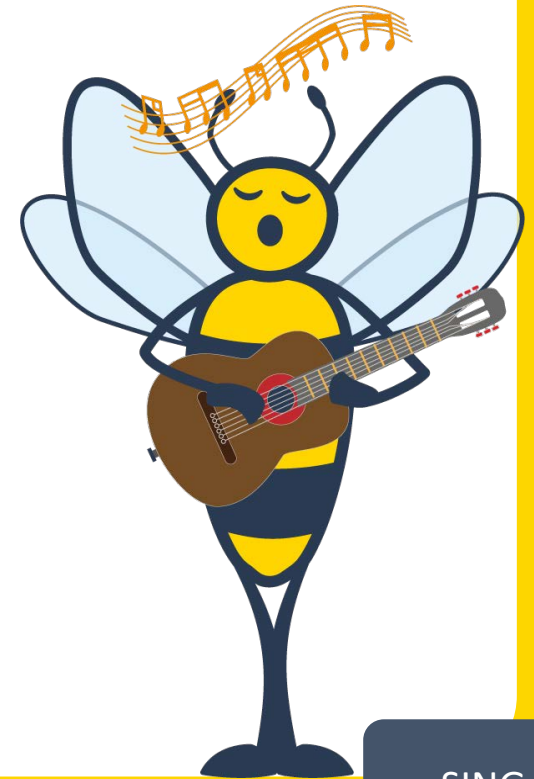
Feeling good about something that's happening or about to happen.





PLEASED

When I'm pleased, things feel right,
Everything's fine, I'm feeling light,
Without any cares or any worries,
When I'm pleased I'm fine you see.

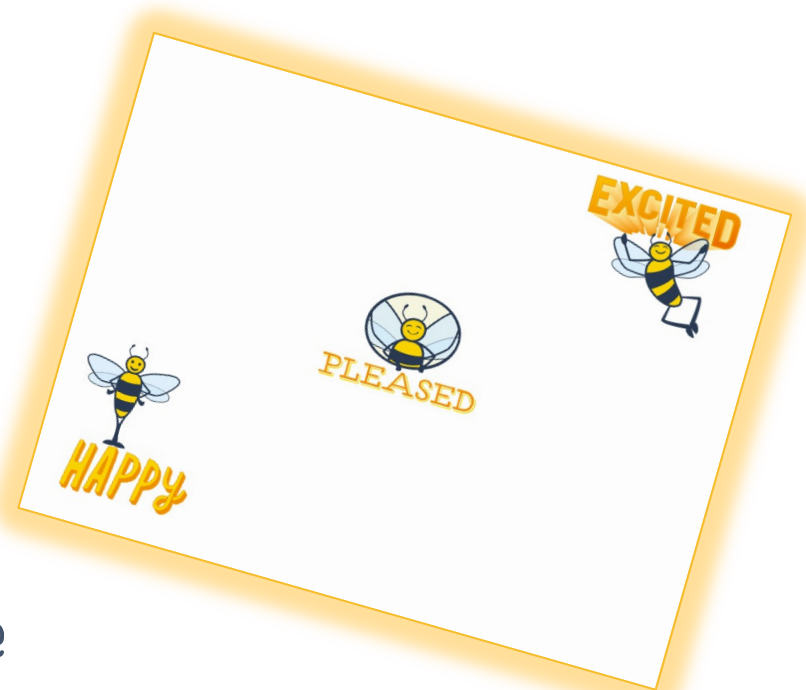


SING

PLEASED

It's time to make a picture
With the yellow words all together,
So, the next time you're feeling blue
It could help you feel much better!

Can you decorate the page and make
a poster you're really pleased with?



EXCITED



PLEASED

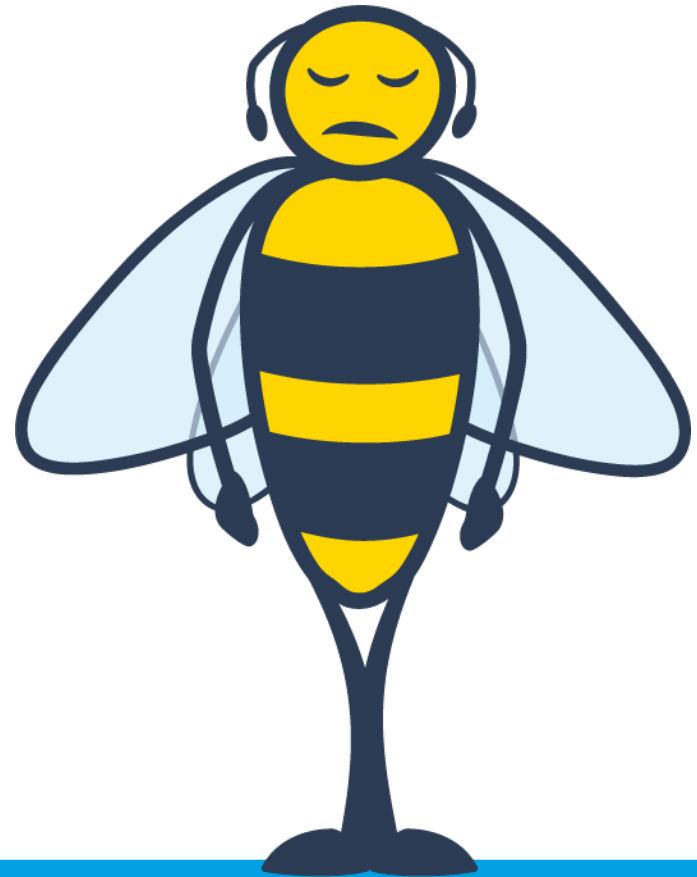


HAPPY

DISAPPOINTED

DISAPPOINTED

Feeling sad that something did not work out the way you wanted it to.



I'm going to share a story
about a time when I felt very

DISAPPOINTED

and what I did
to get over it...

DISAPPOINTED



“I felt disappointed when...”

What has happened to you
before that made you
disappointed?

SHARE



DISAPPOINTED

What does disappointed feel like in your body?

Does it have lots of energy or not a lot of energy?

Does it feel good or not so good when you feel disappointed?

DISAPPOINTED



When someone you care about is disappointed, what could you do to help them feel better?

SHARE

DISAPPOINTED



When we're disappointed and have little energy, what can we do to make ourselves better?



Can you think of something physical you could do to try and shake off your disappointment?



CHAT

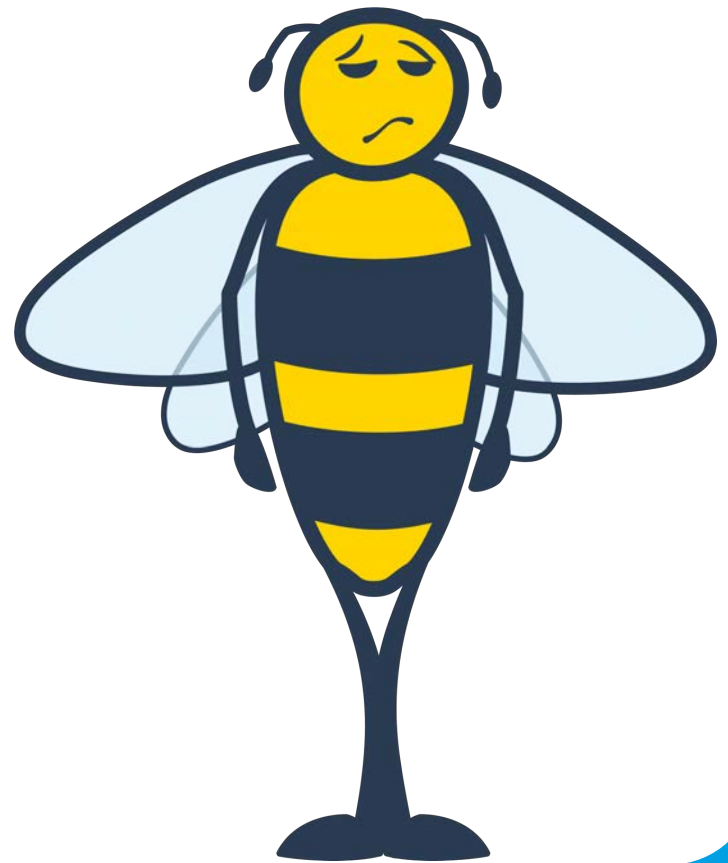
DISAPPOINTED

Can you think of a story
about a character or person
who is disappointed?
Let's read together.



DISAPPOINTED

Feeling sad that something did not work out the way you wanted it to.





DISAPPOINTED

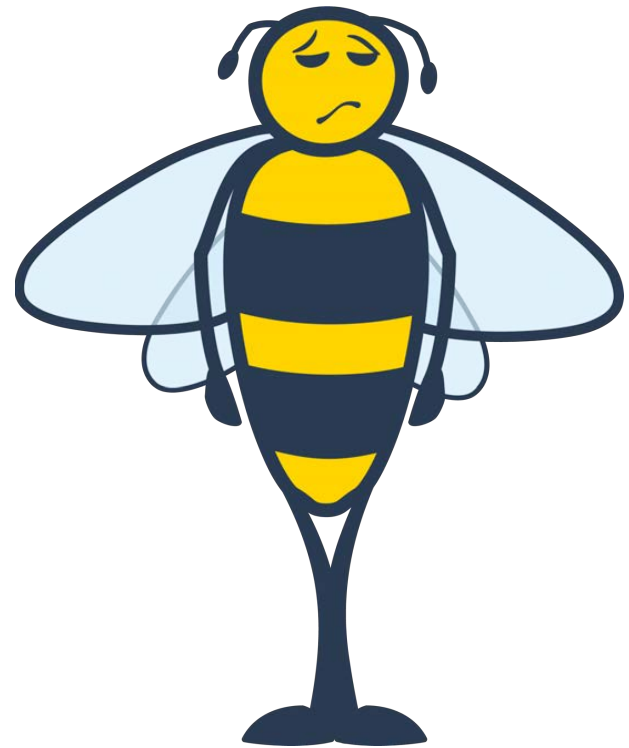
When I'm disappointed, I feel blue.
On my own with nothing to do.
I feel let down with a little energy
Because I'm disappointed you see.



DISAPPOINTED

Can you all make up a story together about a disappointed bee?

“Once upon a time, there was a family of bees, and the littlest bee was very disappointed because...”



Safe

Safe

Feeling looked after
and protected.



I'm going to tell you about a time that I
felt very **Safe**

Safe



“I felt safe when...”

Think about a time you felt safe. What happened that made you feel safe?

SHARE



Safe

What does feeling safe feel like in your body?

Does it have lots of energy or not a lot of energy?

Does it feel good to feel safe?



Safe

How can you help your family and friends feel safe?

SHARE

Safe

Can you think of a book about feeling safe and warm?

Let's sit together and read...



Safe

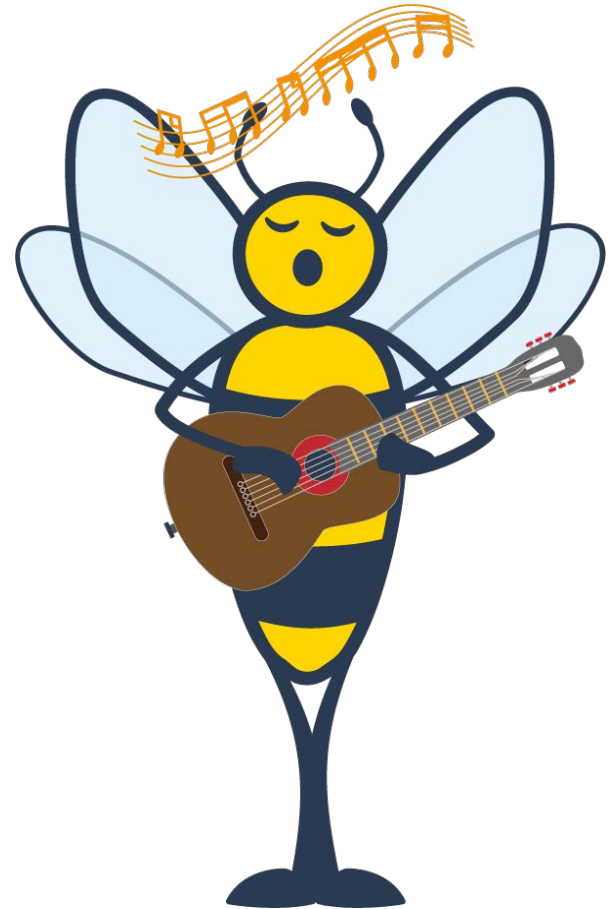
Feeling looked after
and protected.





Safe

When I'm safe, I feel warm.
Soft and cosy, away from harm.
I hug my friends, and my family.
I'll feel safe with calm energy.



SING

Safe

Draw a picture of a place where you feel really safe.

It can be a real place or an imaginary one.



DRAW

WORRIED

WORRIED

Feeling uncomfortable and concerned about something now or in the future.



I'm going to tell you a story about a
time when I felt really

WORRIED

and what I did to feel better.

WORRIED



“I feel worried when...”

Can you share something you worry about?

SHARE



WORRIED

What does feeling worried feel like in your body?

Does it have lots of energy or not a lot of energy?

Does it feel good to be worried?



WORRIED

What can you do to help yourself
stop feeling worried?



SHARE

WORRIED

Have we got any books
about worries?

Let's choose some and read
them together.



WORRIED

Feeling uncomfortable and concerned about something now or in the future.





WORRIED

When I'm worried, I feel tight.
Worrying about things day and night.
I need to take a deep breath to calm
my energy
When I'm worried I'm upset you see.



WORRIED

Can you make up a story about being worried?

“One day, I woke up in the morning and I was really worried about...”

