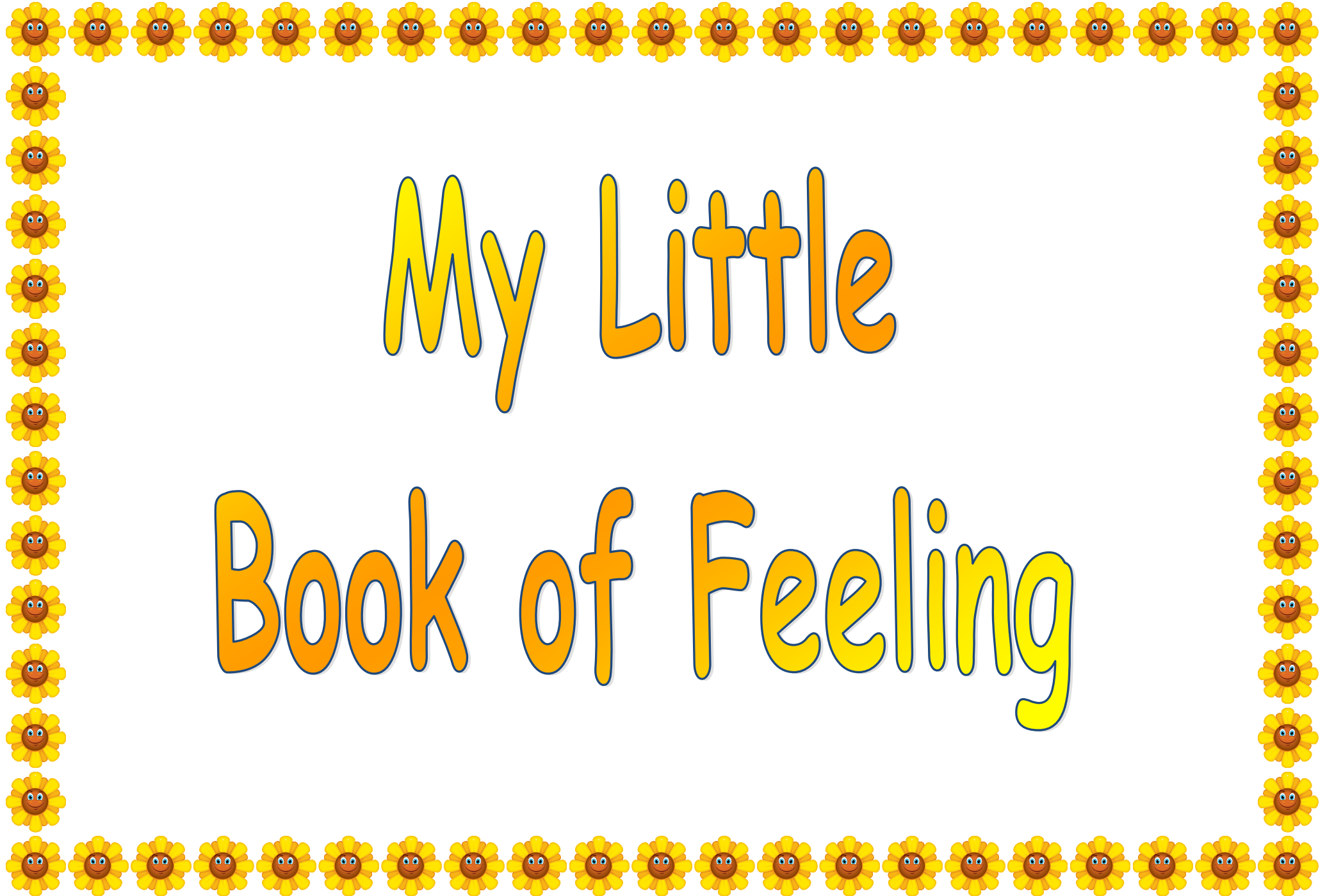


This booklet aims to encourage your child to talk about how they are feeling and why. To understand that there are times when we are all angry, sad, worried or happy, and that how we deal with our feelings is important.

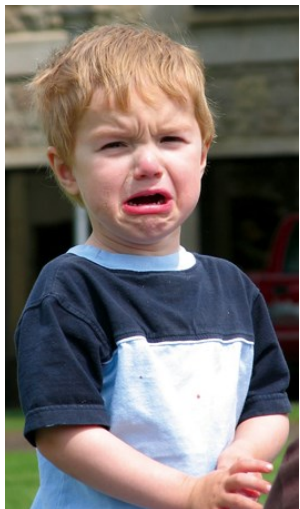
Through talking to your child about the different aspects of their emotions, they will begin to be more comfortable about how they feel in different situations and start to recognise when they need to seek support.

You may want to focus only on 1 or 2 pages or even make up pages of your own.



My Little  
Book of Feeling

# How do all these children feel ?



What things make you happy ? Draw yourself.



What do you do when you are happy ?

What could someone else do to make you feel happy ?

What things make you unhappy ? Draw yourself.



What do you do when you are unhappy ?

What could someone else do to make you feel unhappy ?

What things make you worried ? Draw yourself.



What do you do when you are worried ?

What could someone else do to make you feel worried ?

What things make you excited ? Draw yourself.



What do you do when you are excited ?

What could someone else do to make you feel excited ?

What things make you scared ? Draw yourself.



What do you do when you are scared ?

What could someone else do to make you feel scared ?



What things make you angry ? Draw yourself.



What do you do when you are angry ?

What could someone else do to make you feel angry ?

It's OK to have all these different feelings, it's how you deal with your feelings that counts.



Who could you talk to about how you are feeling ?

Can they help you ?