

Exploring my Emotions

Sometimes it can be difficult for us to know the right words to use to explain how we feel. Being able to describe what we are feeling allows us to share our experiences and emotions with our friends and family, helping them to understand us more and build stronger relationships.

Use the list of emotions below to fill in the table:

Sad	Irritated	Lonely	Naughty
Jealous	Ignored	Grumpy	Negative
Quiet	Cranky	Bored	Happy
Angry	Calm	Curious	Frustrated
Embarrassed	Jealous	Disappointed	Refreshed
Relaxed	Overwhelmed	Fragile	Exhausted
Rude	Ashamed	Excited	Anxious
Worried	Confident	Unhappy	Amazed

<i>Situation</i>	<i>How would that make you feel?</i>
Being told off by a parent	
Getting in trouble at school for talking during lesson	
Waiting to go and play but you parent is on a long phone call	
Someone makes fun of you for getting an answer wrong at school	
Your parent said that you're not allowed to do something you want to do	
You haven't eaten in a long time, and you are very hungry	
Getting into trouble at school for misbehaving	

Now think about some situations you have been in recently and how they made you feel.

<i>Situation</i>	<i>How would that make you feel?</i>