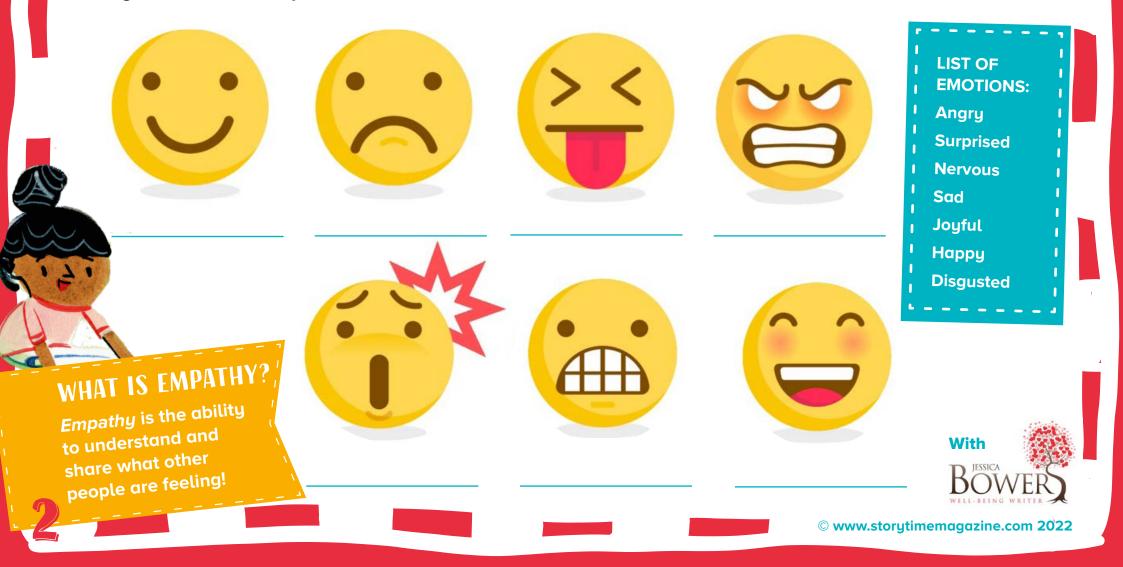
RECOGNISING EMOTIONS

We all feel emotions – and it's good to know how other people are feeling! One of the easiest ways to get an idea about how people are feeling is by looking at their faces. Can you match the expressions on these emoticons with the emotions on the list?



storytime

RECOGNISING EMOTIONS

Emotions make us feel different things inside. When you are experiencing the emotions below, think about how they make you feel in your body. Do you feel tense, relaxed, warm or cold?



storytime

5 MYTHS ABOUT EMOTIONS

We feel lots of different things, and

people say about emotions...

that's OK! Here are some untrue things