

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?



- LIST OF EMOTIONS:
- Angry
 - Surprised
 - Nervous
 - Sad
 - Joyful
 - Happy
 - Disgusted



WHAT IS EMPATHY?
 Empathy is the ability to understand and share what other people are feeling!

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storytime™



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?



When I am sad, I feel... _____



When I am stressed, I feel... _____



When I am angry, I feel... _____



When I am happy, I feel... _____

5 MYTHS ABOUT EMOTIONS

We feel lots of different things, and that's OK! Here are some untrue things people say about emotions...

1. 'I am' the emotion I feel.

Truth: You are much more than your emotions. If you have a strong feeling, it won't last forever.

2. Feeling frightened means you are weak.

Truth: It is a totally normal feeling! With help, you can develop your courage and overcome it.

3. There are 'good' & 'bad' feelings.

Truth: All of our feelings are OK! Together, they give us a full experience of life.

4. Good children do not get angry.

Truth: We *all* feel angry sometimes, and we can learn to express it in positive ways.

5. If you cry, you are a baby.

Truth: Crying can be a healthy way to let out your emotions.