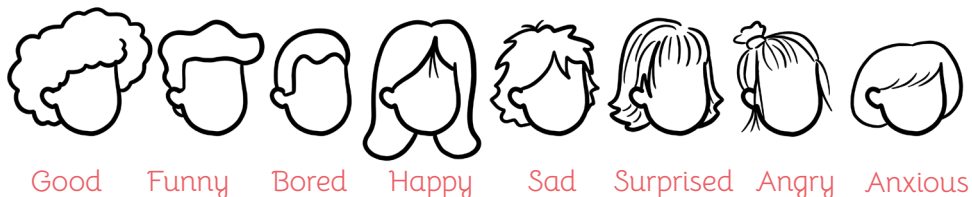


ACTIVITY FOR CHILDREN

- 1 Make a list of feelings you can now identify
Your **SuperPowers List**:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 2 Cut each expression and paste it accordingly.
Example:



NOTES FOR PARENTS (AFTER ACTIVITY)

Verify all the feelings the children listed, how they named them and the expressions they associate. Make you sure you talk with them about all the emotions they can experience.



COMIC 1 | June 2023
Talking About it Makes Us Stronger

SuperPowers List

EMOTIONS

Developed by Storytelme

tamusproject.eu



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1

Sometimes I feel so many emotions! I don't even know how to explain how I feel.

I know how to help!

Oh Rez! I understand. Sometimes I feel confused about what I am feeling too.

2

Sometimes, we feel tangled in our emotions and don't know what we are feeling! It can be confusing if we don't know how to name the feelings!

But talking about our feelings helps us understand them better. Feelings are like superpowers! It can help to make a **superpowers** list.

Hmm... **Superpowers**?

3

We have so many different types of feelings...

We do?

Yes! And it can help to be curious about them! Which means asking yourself lots of questions.

4

HAPPINESS

Right! Let's investigate the emotions. Rez, think of **happiness**... what do feel when you are happy?

See? There are lots of things that make you feel happy. Doing things that you enjoy can also make you feel good inside.

I can be excited when I'm playing a game... or when I make a new friend!

5

There are a lot of different emotions and not all of them make us feel good.

I love feeling good inside. I hate when I feel bad.

But we must not be afraid to feel them! All feelings are important, even the ones that don't make us feel good! Let's name them.

6

SADNESS

Think about **sadness**... When do you feel sad?

I feel sad... when I feel left out at school... Or when I miss you both, I feel lonely!

And when you feel anxious?

7

ANXIETY

I feel **anxious** when I'm scared and afraid of the dark.

Yes! Anything else?

And when I'm nervous about a school test.

8

It's also perfectly normal to feel anxious when we try new things.

It's not just you Rez. Just because someone looks confident on the outside does not mean they feel like that on the inside.

I thought it was just me who felt like this. Everyone else always looks so confident.

9

We all feel our feelings in different ways.

That makes me feel so much better.

10

ANGRY

What do you feel when you are **angry**?

I feel like shouting and I feel mad, but my teacher says it's not good to feel angry.

Well, that isn't quite true. It is perfectly ok to feel angry but sometimes we need to be careful in how we express that anger.

11

I know! Instead of stamping my feet or shouting out loud when I'm angry, I write down my feelings on a piece of paper and rip it up. It always makes me feel better.

12

It's never good to keep your feelings bottled up and talking about them and writing them down is a fantastic way to express them. Well done Rez!

Talking about my feelings makes me feel... Super Powerful!

You're right Rez! Talking about your feelings is a superpower and always makes you feel better.