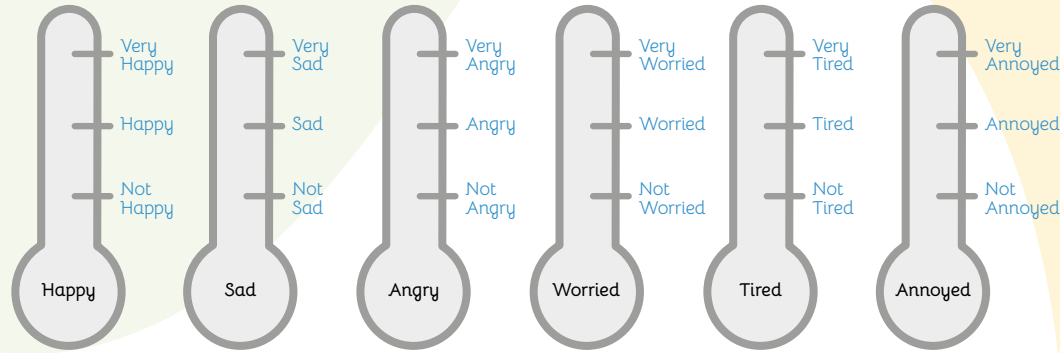




1 How are you feeling today? Paint the Feelings Thermometer accordingly.

Feelings Thermometer



2 Answer questions about your feelings. Practice and use them whenever you need.

Where do you feel your feeling, in your body?

What made you feel that way?

Dis something happen to make you feel that way?

3 To share it's also important! Practise how to share what you feel with these sentences:

I feel _____ , because _____

Or:

I feel _____ , when _____ happens.

Tom, the Captain of the Feeling's Sea!



NOTES FOR PARENTS (AFTER ACTIVITY)

1. Be open and voice your feelings using the same sentence structure as exemplified above. This will create an example to follow and a habit of sharing feelings in a perceptible way

Developed by Storytelme

tamusproject.eu



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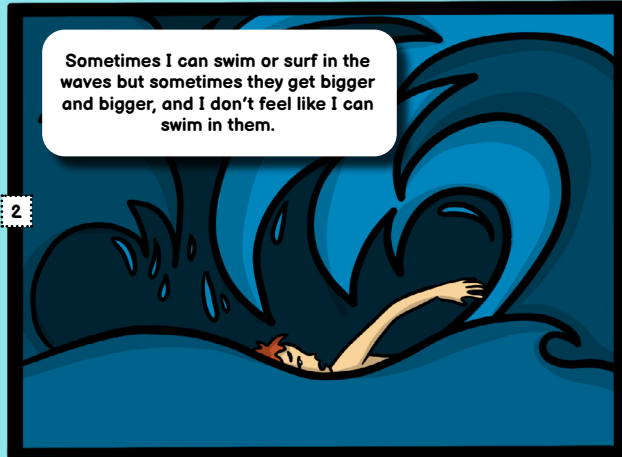
Project Number: 2021-1-IE01-KA220-ADU-000035273

Sometimes I feel lots of **emotions**...They come over me like **waves** in the sea.



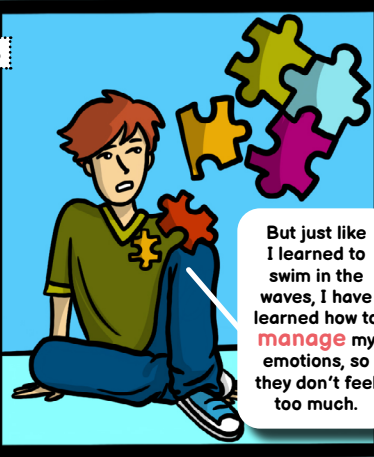
1

Sometimes I can swim or surf in the waves but sometimes they get bigger and bigger, and I don't feel like I can swim in them.



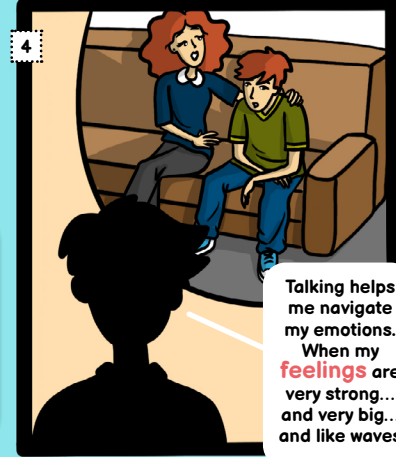
2

3



But just like I learned to swim in the waves, I have learned how to **manage** my emotions, so they don't feel too much.

4



Talking helps me navigate my emotions. When my **feelings** are very strong... and very big... and like waves



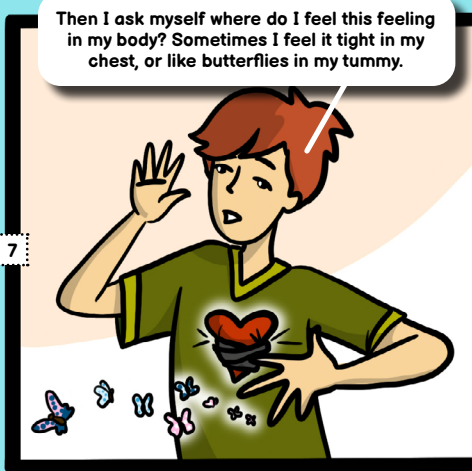
I must take time to talk about them with someone I trust.

5



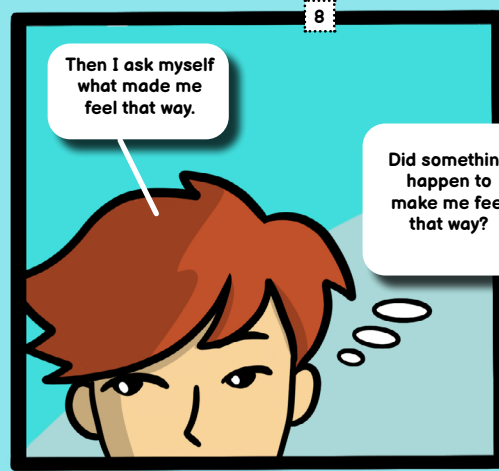
First, I try to put a name to my feeling and explain how I feel... (Am I sad? Anxious? Happy? Scared?)

6



Then I ask myself where do I feel this feeling in my body? Sometimes I feel it tight in my chest, or like butterflies in my tummy.

7



Then I ask myself what made me feel that way.

Did something happen to make me feel that way?

8



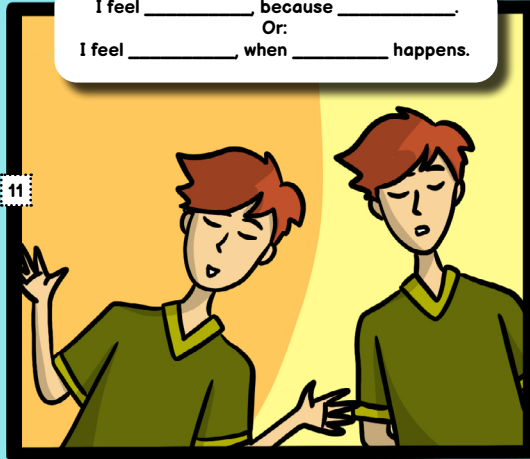
Sometimes, I don't even know why I feel something. But that's ok. It always helps when I talk about it.

9



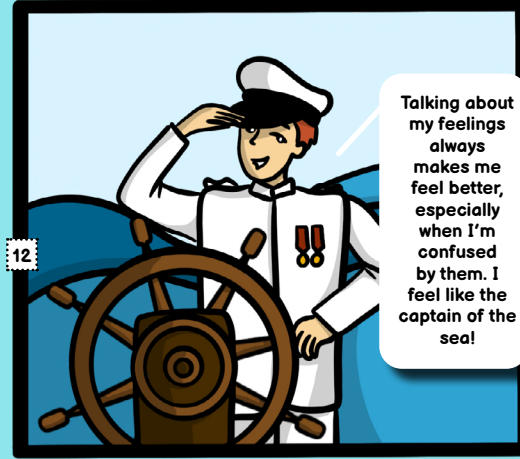
When I'm ready, I talk with my mum... I explain how I feel and say:

10



I feel _____, because _____.
Or:
I feel _____, when _____ happens.

11



Talking about my feelings always makes me feel better, especially when I'm confused by them. I feel like the captain of the sea!

12