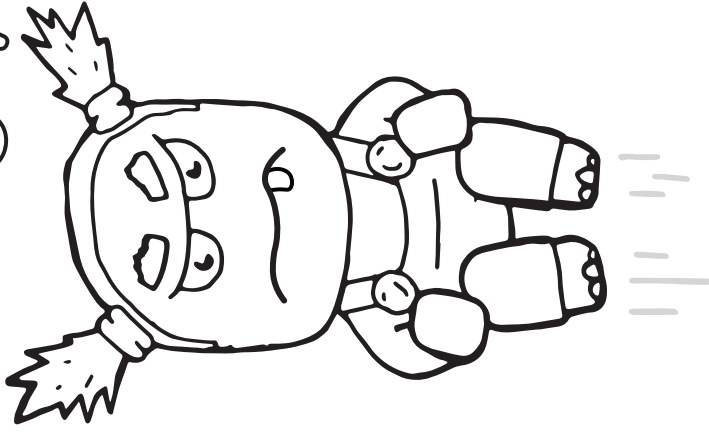


I'm angry!



When you are **angry** you might want to...

Shout



Run
away



Cry



You might have a hurt head.

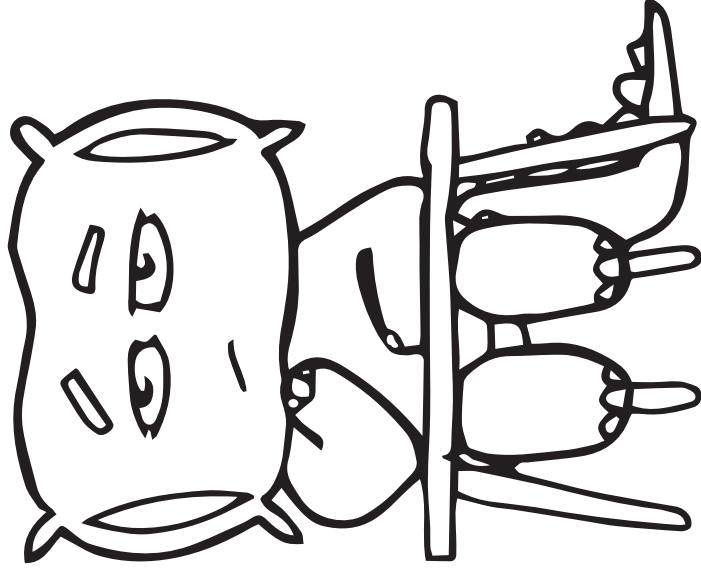
You might feel hot.

You might _____

You might feel angry if _____

And that's okay.

I'm bored...



And that's okay.

When you are **bored** you might want to...

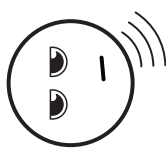
Fall
asleep



Do
something



Moan



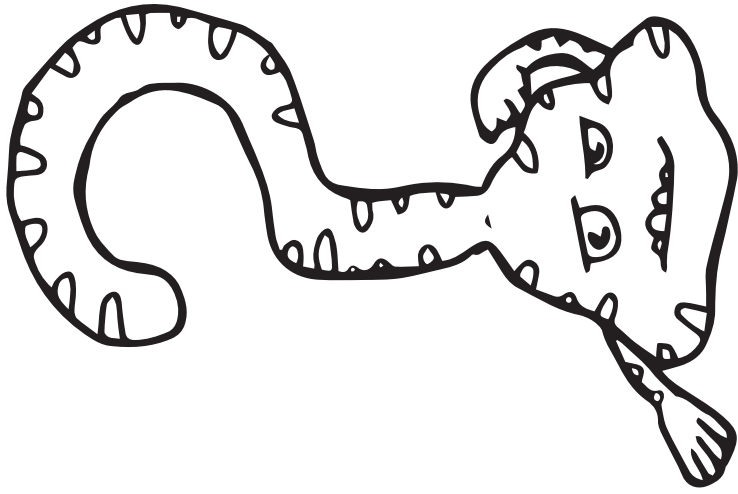
You might feel like sleeping.

You might feel like you want to move.

You might _____

You might feel bored if

I'm confused?



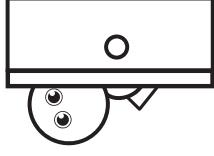
And that's okay.

When you are **confused** you might want to...

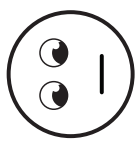
Not
speak



Hide



Look at
the floor



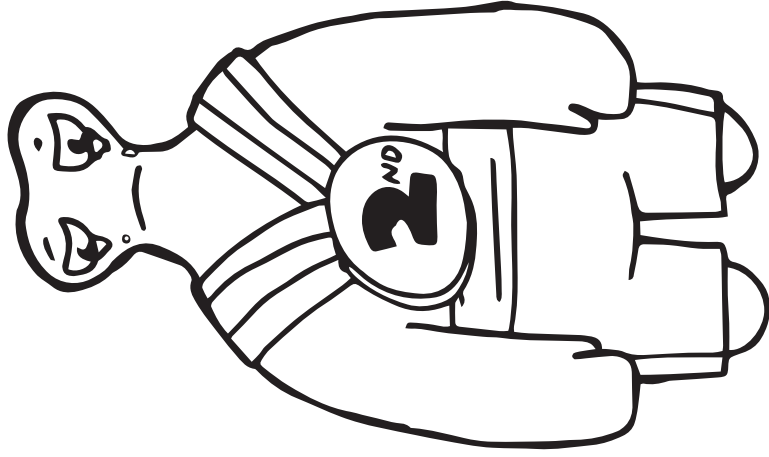
You might feel **scared**.

You might feel **silly**.

You might _____

You might feel confused if

I'm disappointed...



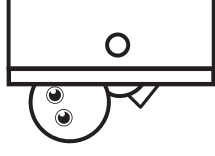
And that's okay.

When you are *disappointed* you might want to...

Not
speak



Hide



Cry



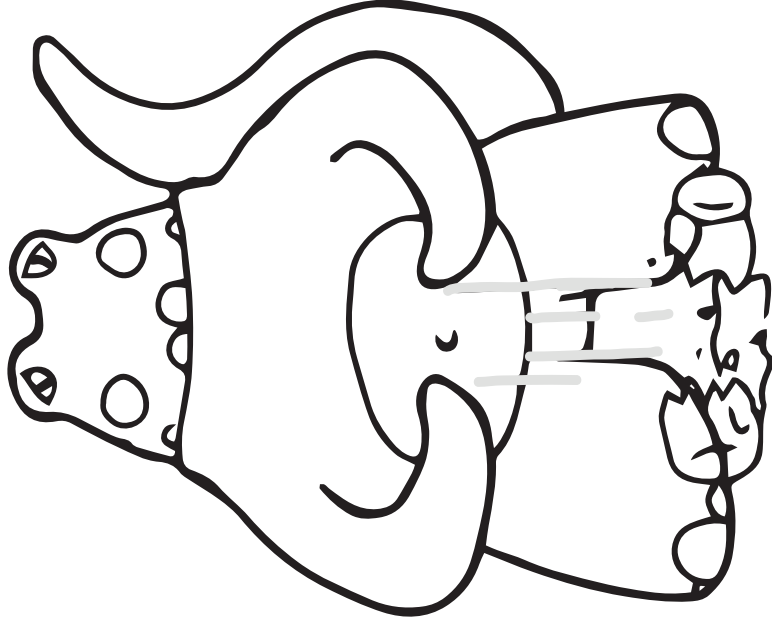
You might feel sleepy.

You might feel sad.

You might _____

You might feel disappointed if

I'm embarrassed.



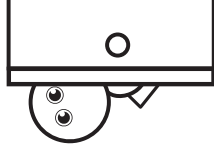
And that's okay.

When you are embarrassed you might want to...

Not
speak



Hide



Run
away



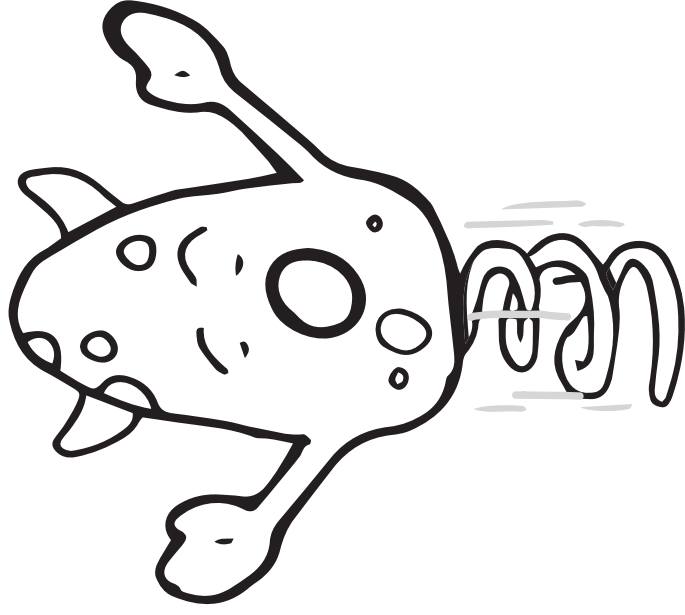
You might feel like not joining in.

You might feel hot.

You might _____

You might feel embarrassed if

I'm excited!



When you are excited you might want to...

Talk



Jump up
and down



Sing



You might feel awake.

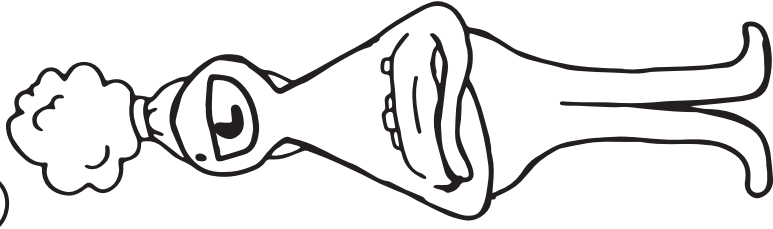
You might feel like running around.

You might _____

You might feel excited if

And that's okay.

I'm grumpy.



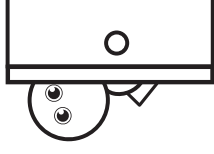
And that's okay.

When you are grumpy you might want to...

Moan



Hide



Do
nothing



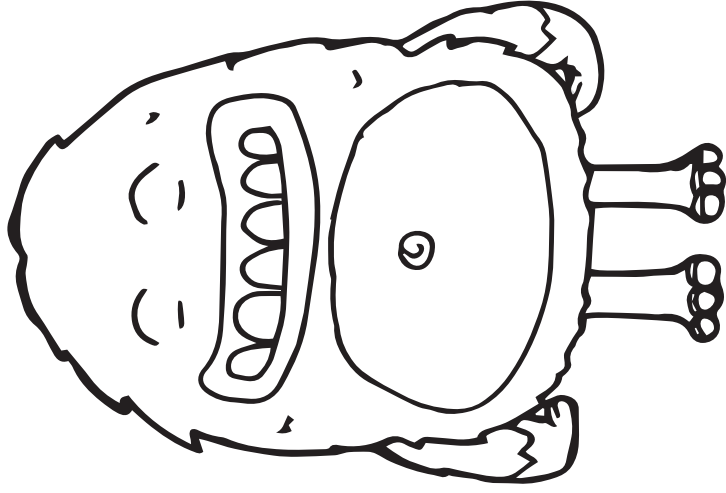
You might feel lazy.

You might feel like not talking.

You might _____

You might feel grumpy if

I'm happy.



And that's okay.

When you are **happy** you might want to...

Talk



Sing



Smile



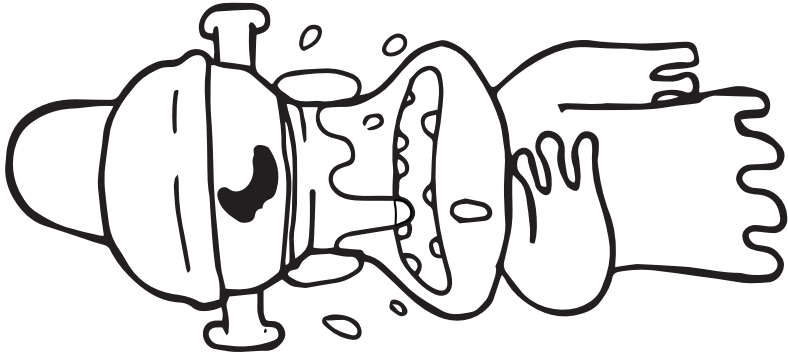
You might feel awake.

You might want to see your friends.

You might _____

You might feel happy if

I'm hurt^{ooo}



And that's okay.

When you are hurt you might want to...

Shout



Not
speak



Cry



Your chest might feel tight.

You might feel sick.

You might _____

You might feel hurt if

That's Okay!

Emotions can feel strange. So these creatures are here to help.

They have emotions from happy to sad. They will show you that all emotions are okay!

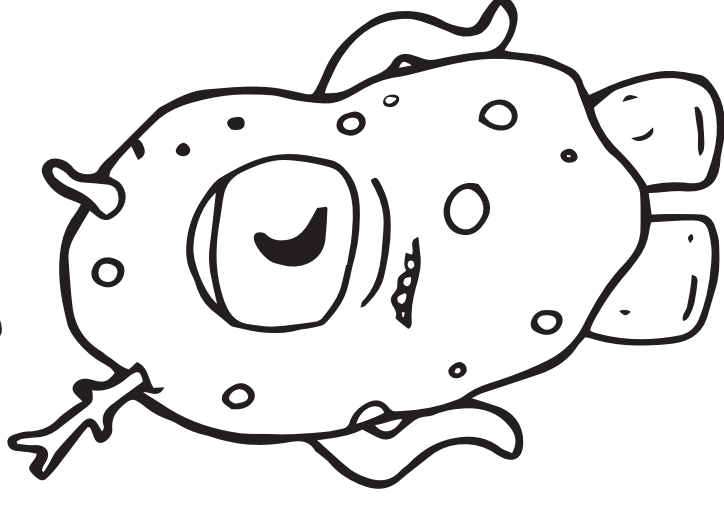
But they need your help too.

They have lost their colour. Help them get it back!

Just use your colouring pencils or crayons.

You can also write how you feel and when with each emotion.

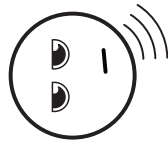
I'm jealous.



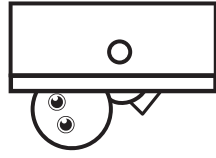
And that's okay.

When you are *jealous* you might want to...

Moan



Hide



Not
speak



You might feel *grumpy*.

You might feel like not joining in.

You might _____

You might feel jealous if

I'm *nervous*...



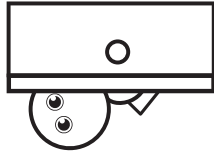
And that's okay.

When you are nervous you might want to...

Not
speak



Hide



Run
away



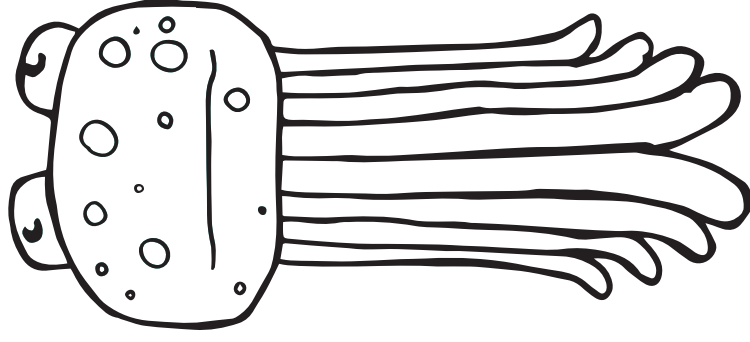
You might feel scared.

You might feel sick.

You might _____

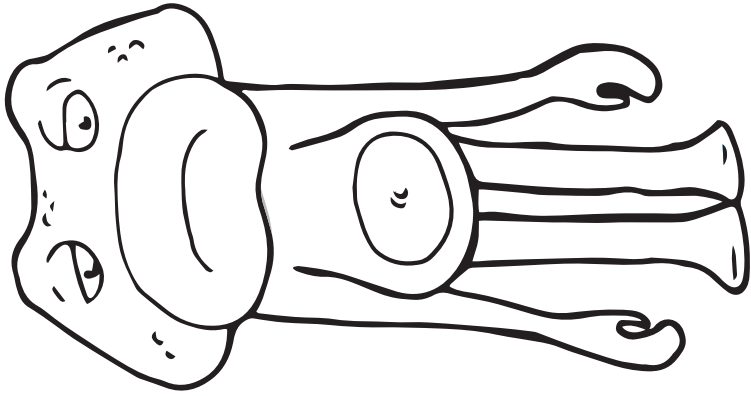
You might feel nervous if

I'm okay.



And that's also... okay!

I'm sad.



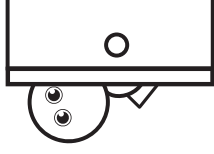
And that's okay.

When you are **sad** you might want to...

Not
speak



Hide



Cry



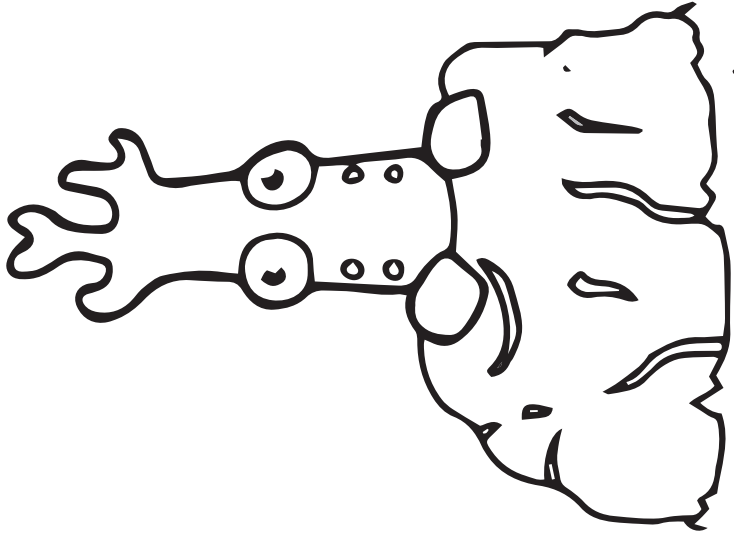
You might feel sleepy.

You might have a hurt head.

You might _____

You might feel sad if

I'm shy.



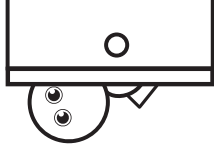
And that's okay.

When you are shy you might want to...

Not
speak



Hide



Look at
the floor



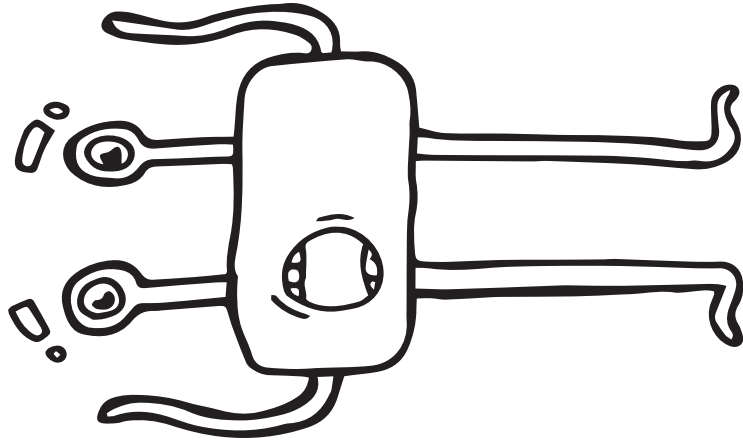
You might feel like not talking.

You might feel scared.

You might _____

You might feel shy if

I'm surprised!



And that's okay.

When you are surprised you might want to...

Not
speak



Jump in
the air



Smile



You might feel like you can't talk.

You might feel like you want to jump in the air.

You might _____

You might feel surprised if
