

# How are you feeling today?



When things aren't good at home, for example if someone is being abusive, you might have lots of different feelings.

Thinking about and talking about how we are feeling is a good way to help us take charge of our wellbeing and looking after our mental health. It can help us to find ways of coping with difficult feelings and to get support.

It can seem difficult or awkward to talk about our true feelings sometimes. Remember - There are no right or wrong feelings.

Look at the feelings words below. How would you feel if.....

- You won the lottery?
- You had to sing a song on your own in front of your class?
- You hadn't done your homework?
- You were going to Macdonalds for your lunch?
- Your best friend wouldn't speak to you?
- You were queuing up for a rollercoaster?
- Someone had bought you a present?

Can you think of any ways that people might improve their mood if they were going through a bad or stressful time?

How do you feel today? Why do you feel this way? Can you think of any way to improve your mood if you want to?



cheerful

excited

content

sympathetic

suspicious

cautious

uncomfortable

guilty

hurt

cheerful

lonely

calm

amazed

confused

depressed

helpless

proud

amused

optimistic

overwhelmed

sad

hurt

confident

hopeful

stunned

shocked

upset

relieved

relaxed

curious

joyful