

Feelings activity

When things aren't good at home, for example if someone is abusive, you might have lots of different feelings – such as feeling sad, scared, angry, guilty – or you might not be sure how you feel. Everyone feels something a bit different. There are no 'right' or 'wrong' feelings.

Can you match the emoji to the feeling? What happens to your body when you have each feeling?



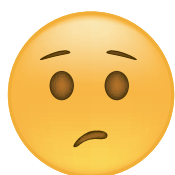
HAPPY



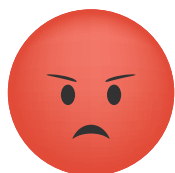
EXCITED



SCARED



CONFUSED



ANGRY



SAD

**Talking to an adult that you trust can help you to feel
to better and help to you to keep safe.**