

When things aren't good at home 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.

On these circles can you draw faces to show how some different feelings might look and write the feeling on the line below?



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Can you draw a picture to show how you feel today?

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