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Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

Bodysensations Resourcepack

Lots of resources to help pupils identify body sensations linked to emotion. Suitable from EYFS to secondary

knuckles

wrists



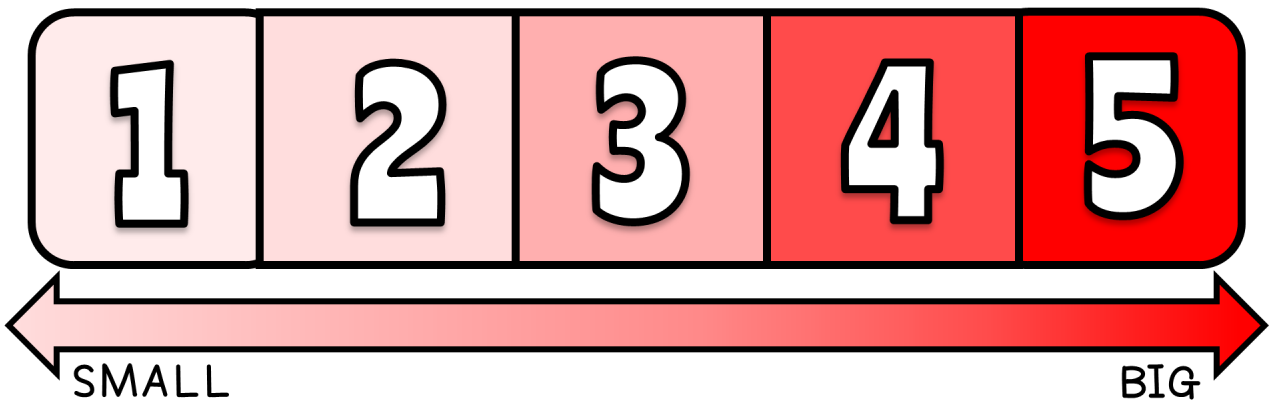
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MY FEELINGS SCALE

Today I feel...

My feeling is this big...



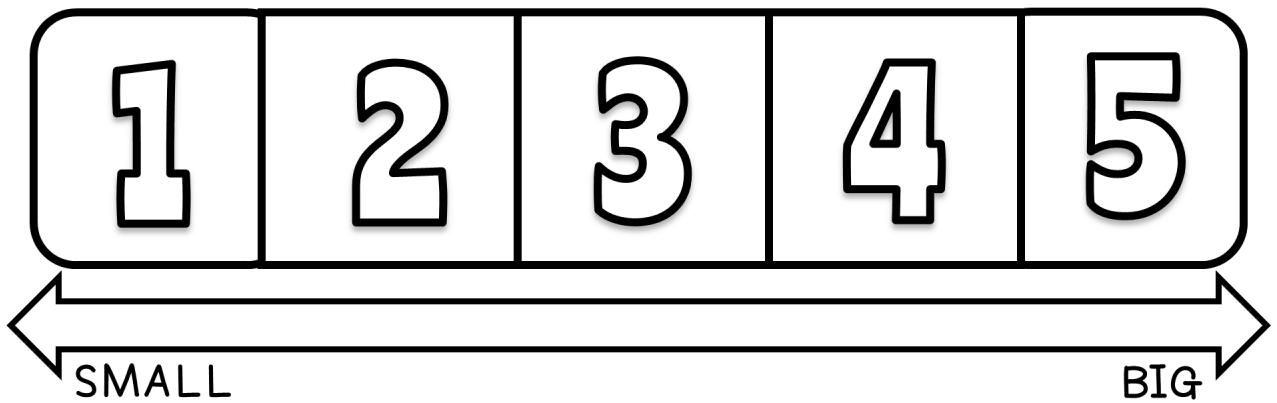
I feel like this because...

I can help myself feel better by...

MY FEELINGS SCALE

Today I feel...

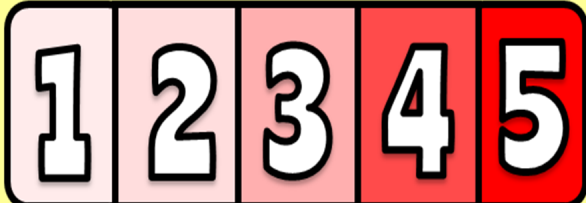
My feeling is this big...



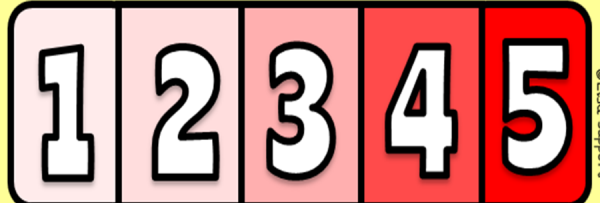
I feel like this because...

I can help myself feel better by...

FEELINGS SCALE



FEELINGS SCALE



FEELINGS SCALE



FEELINGS SCALE



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FEELINGS SCALE



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