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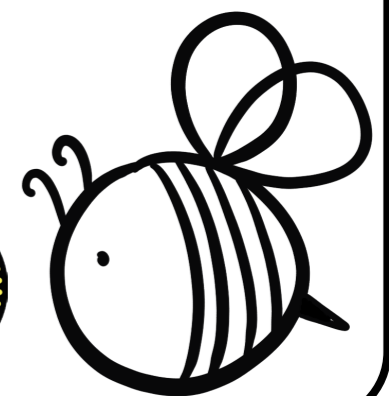
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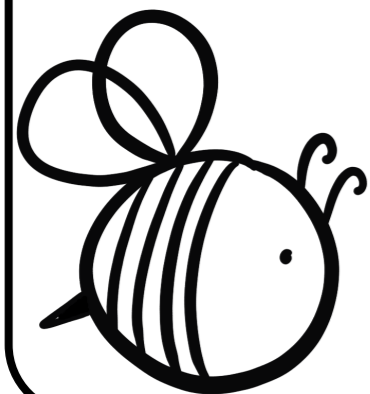




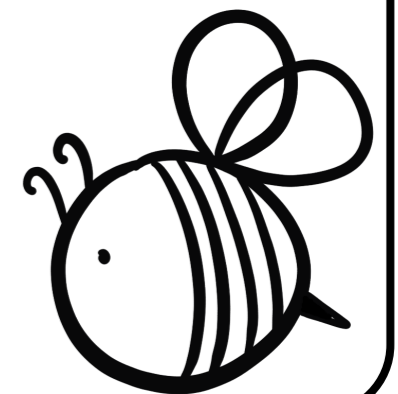
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Included in the pack are three posters aimed at different age groups.

It is so helpful for pupils to learn vocabulary around feeling words. Being able say exactly how you feel with accuracy (Emotional granularity) can really help reduce the emotion felt.

This one is about sadness but there are others planned which will be released over the next few weeks for our #elsafreefriday

These would be great in your area and a brilliant way for you to try and encourage your pupil to be more specific when they say 'I feel sad'. You can help them to explore other words by using these posters.



Instead of saying I feel *sad* try saying



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I feel...



- ♂ Miserable
- ♂ Down
- ♂ Depressed
- ♂ Sorrowful
- ♂ Mournful
- ♂ Heartbroken
- ♂ Dismal
- ♂ Unhappy
- ♂ Gloomy

- ♂ Forlorn
- ♂ Distressed
- ♂ Mournful
- ♂ Blue
- ♂ Sombre
- ♂ Doleful
- ♂ Heartsick
- ♂ Despondent
- ♂ Dejected

Instead of saying I feel *sad* try saying



I feel...



miserable

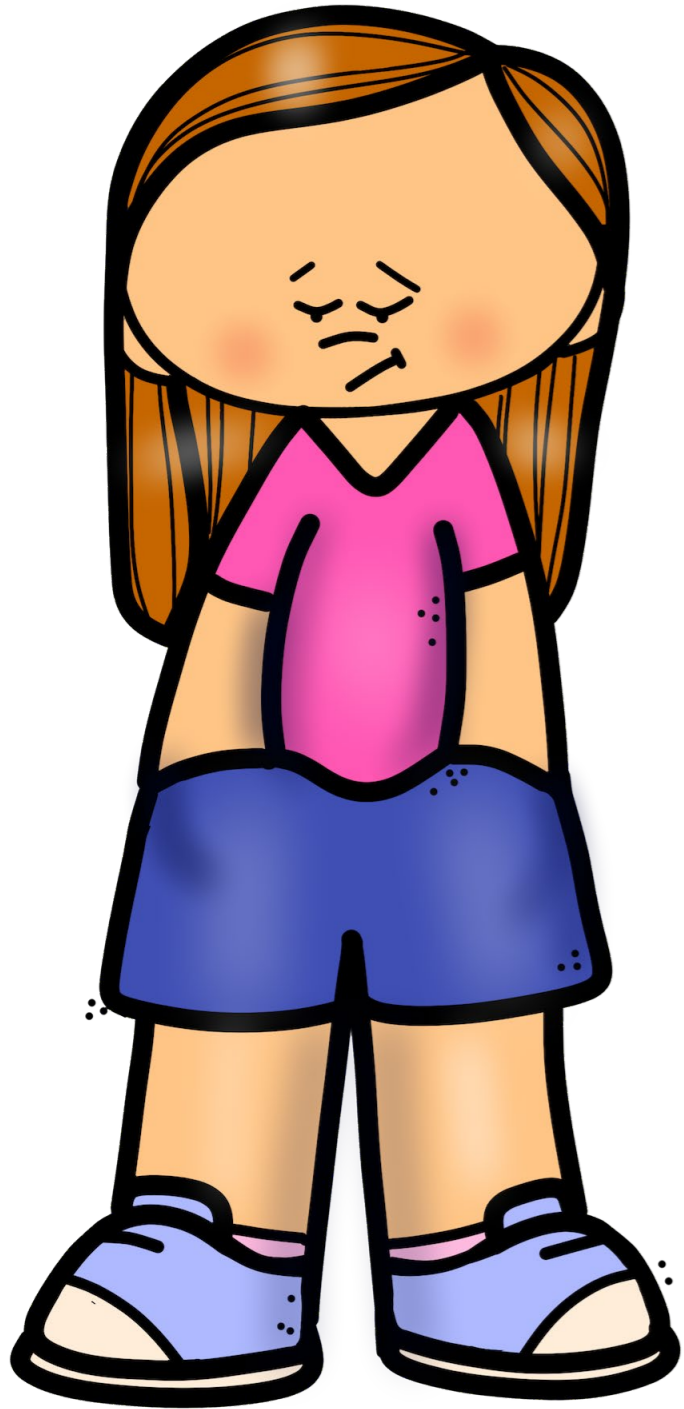
unhappy

blue

down

upset

gloomy



Instead of saying I feel **sad** try saying



I feel...



miserable

unhappy

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gloomy