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Understanding Emotions and Feelings
A guide for emotion explorers

1 Understanding Emotions
What are emotions?
Emotions are how our brain communicates with the rest of our body. Think of them as messages that our brain sends to our heart, muscles, and other parts of our body. These messages help us know how to react in different situations.

These messages are all a part of being human, and it's important to learn how to understand and manage them. All emotions are ok and everyone has emotions.

When something happens → Our brain tells our body how to react.
This could include sensations in our bodies such as...

3 Emotions into Words
Putting emotions into words helps us understand and manage them better.
How can you do this?
OBSERVE Pay attention to how you are feeling. Are you feeling faster? Are you feeling slower?
USE your words to describe your feelings. For example, you might say "I feel happy because my cat did something nice."
SPECIFIC Be specific when you describe your feelings. For example, you might say "I feel sad because my cat did something nice."
OTHERS How do you feel about other people's feelings? Do you feel happy when you see someone else is happy?
DRAW Try to draw a picture of how you are feeling. Can you explain to someone else what you have drawn?

4 Your turn
How are you feeling right now?
Observe
What sensations are you feeling in your body?
How is your body feeling?
Label
Can you label that emotion?
Specific
Can you think of another word to describe this emotion?
Talk
Who can you talk to?

5 Managing Emotions
When you feel an uncomfortable emotion, it's important to take a break and think about what you are feeling. There are many things you can do to help you manage your emotions. Some things that work best for some people are:
- taking a break from what you are doing
- talking to someone you trust
- doing something you enjoy, like reading or playing a game
- taking deep breaths
- counting to ten
- drawing a picture
- listening to music
- going for a walk
- dancing
- doing something that makes you feel good
- thinking about something that makes you feel happy
- thinking about something that makes you feel proud
- thinking about something that makes you feel loved
- thinking about something that makes you feel safe
- thinking about something that makes you feel strong
- thinking about something that makes you feel brave
- thinking about something that makes you feel confident
- thinking about something that makes you feel happy
- thinking about something that makes you feel good
- thinking about something that makes you feel loved
- thinking about something that makes you feel safe
- thinking about something that makes you feel strong
- thinking about something that makes you feel brave
- thinking about something that makes you feel confident



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It's ok to say NO! My voice matters!

Print and laminate the cards. Cut them up and you can use them to discuss when it is ok to say NO! with the pupil.

It's Ok to say NO!

My Voice Matters

NO, you are too close!



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It's Ok to say NO!

My Voice Matters

NO, you shouldn't kick me!

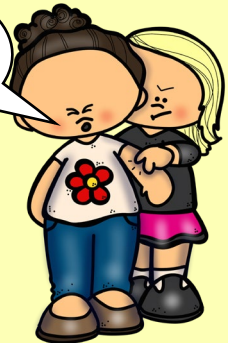


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It's Ok to say NO!

My Voice Matters

NO, that hurts. Don't nip me!



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It's Ok to say NO!

My Voice Matters

NO, don't push me!



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It's Ok to say NO!

My Voice Matters

NO, don't trip me up!

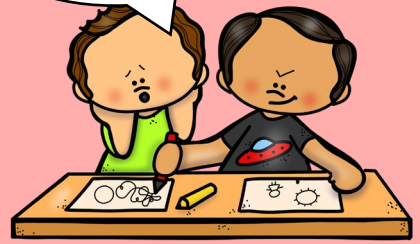


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It's Ok to say NO!

My Voice Matters

NO, don't scribble on my work!

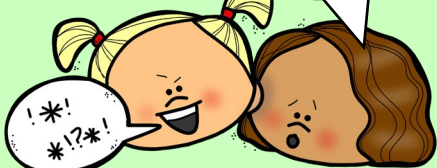


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It's Ok to say NO!

My Voice Matters

NO, don't shout at me and say bad words



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It's Ok to say NO!

My Voice Matters

NO, don't throw things at me!



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It's Ok to say NO!

My Voice Matters

NO, don't pull faces at me!



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