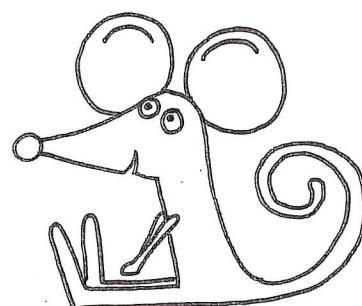


EXPLORING MY FEELINGS



EXPLORING MY FEELINGS

A: Vocabulary of feelings

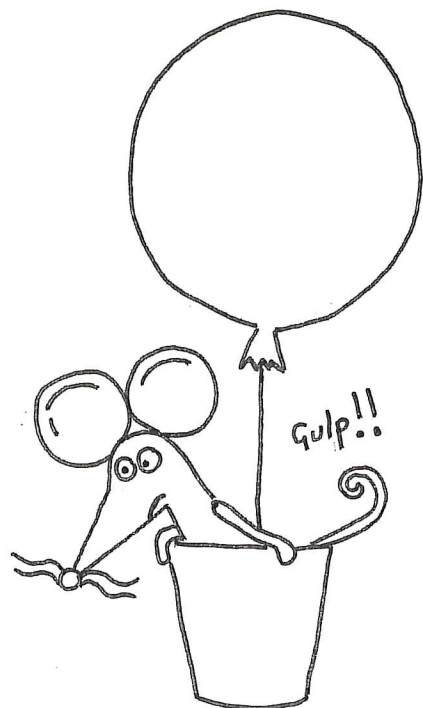
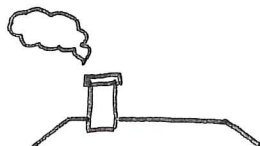
A1	Words to describe feelings: how many do I know?
A2	Words to describe feelings: A - I
A3	Words to describe feelings: J - Z

B: Describing personal feelings

B1	I feel
B2	Feelings flip
B3	I felt ... when ...

C: Exploring reactions to feelings

C1	My feelings: How do I react?
C2	How do they feel? 1
C3	How do they feel? 2
C4	How do they feel? 3
C5	How do they feel? 4



WORDS TO DESCRIBE FEELINGS:
HOW MANY DO I KNOW?

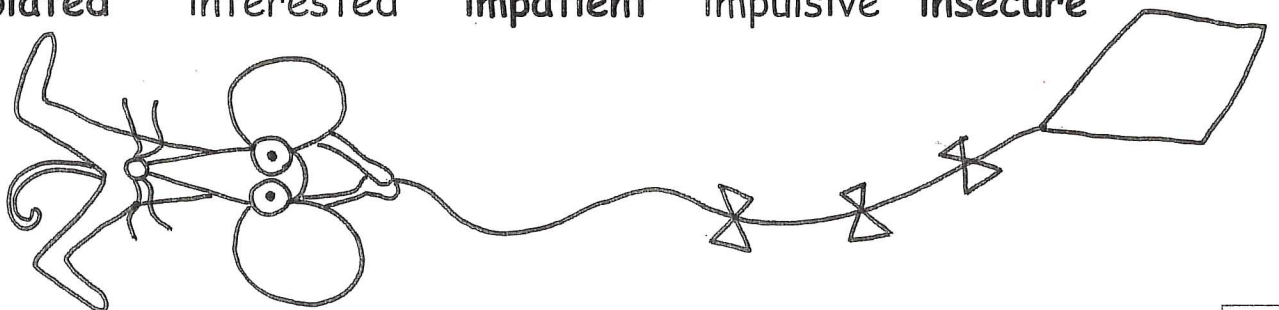
- ✦ Having a good vocabulary helps you to tell others exactly how you feel.
- ✦ Think of as many words as you can that describe feelings and write them below.



WORDS TO DESCRIBE FEELINGS: A - I

✦ Draw a circle around the words you know

abandoned admired affectionate angry annoyed anxious
afraid ashamed bad betrayed better bitter blessed
bold bored brave calm challenged cheated cheerful
childish clever contented comfortable confident curious
competitive confused cruel caring distracted delighted
determined depressed disgusted disorganised dull eager
elated empty energetic envious excited evil exhausted
enthusiastic frustrated fascinated foolish fortunate
friendly frightened furious glad greedy grief guilty
grateful gloomy happy hateful helpless helpful
hurt hopeful horrified ignored inspired intimidated
isolated interested impatient impulsive insecure



WORDS TO DESCRIBE FEELINGS: J-Z

✦ Draw a circle around the words you know

jealous jolly joyful kind keen lazy left-out lonely

loving mad mean merry miserable mocked

motivated naughty nervous odd outraged

overwhelmed panic passionate peaceful pity

pleased pressured proud rage rejected

relieved restless sad satisfied shocked sorry

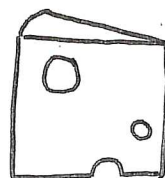
spiteful strange stressed strong stupid

stunned sure sympathetic talkative tempted

tense terrible thoughtful threatened thrilled

trapped troubled uneasy unsettled violent

vulnerable wicked wonderful weepy worried



I FEEL

- ✦ Read the statements and use the symbols below to show what sort of feelings you have for them.
- ✦ Then try to think of words to describe each of the feelings (you could look at the sheets 'Words to describe feelings' for ideas).

Great feelings (++)
 Good feelings (+)
 Bad feelings (-)
 Very bad feelings (- -)
 Not sure (?)

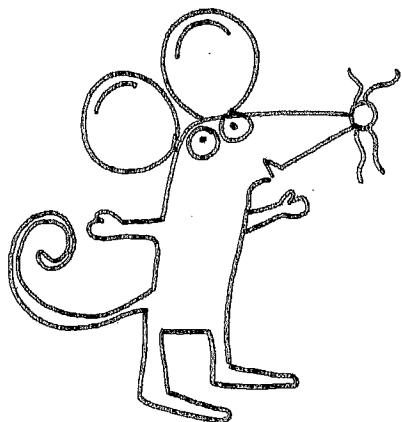


STATEMENT: When I think of ...	SYMBOL	WORDS TO DESCRIBE YOUR FEELINGS
HOMEWORK I feel		
MY CLOTHES I feel		
MY PARENTS I feel		
MY FUTURE I feel		
MY BROTHER I feel		
SCHOOL I feel		
MONEY I feel		
MY NAME I feel		
MY BEHAVIOUR I feel		
HOUSEWORK I feel		
MY SISTER I feel		
FRIENDS I feel		
SPORTS I feel		
WEEKENDS I feel		
SHOPPING I feel		
MY HAIRSTYLE I feel		

FEELINGS FLIP

- Flip a coin onto this page. When it lands on a feeling word, describe a time when you have experienced that feeling.

Angry	Sad	Happy	Brave
Confused	Nervous	Jealous	Caring
Fortunate	Scared	Excited	Isolated
Frustrated	Hopeful	Helpful	Lonely



Talk about ...

- ☛ Which feelings you usually share/with whom.
- ☛ Which feelings you keep to yourself/ Why?)

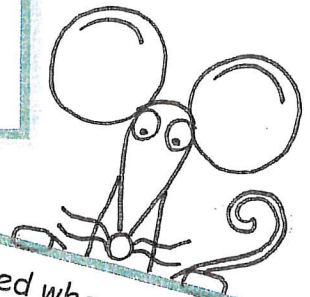
I FELT ... WHEN ...

Write in the space provided a time when you had the following feelings

I felt happy when

I felt angry when ...

I felt sorry when ...



I felt sad when ...

I felt ignored when ...

I felt proud when ...

I felt glad when ...

I felt worried when ...

MY FEELINGS: HOW DO I REACT?

When I feel **happy** I usually

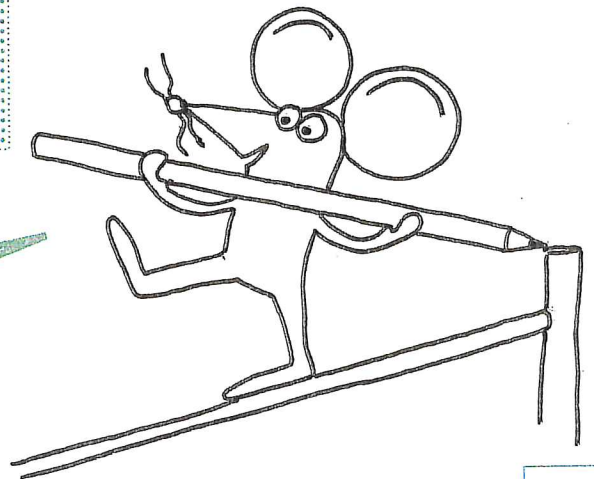
When I feel **angry** I usually ...

When I feel **excited** I usually ...

When I am **worried** I usually ...

When I am **sad** I usually ...

Talk about how you usually
react to other feelings



HOW DO THEY FEEL? 1

- Look at the image below and try to describe how each person might be feeling ...
- Describe negative and positive ways they might deal with their feelings.



8.23 Someone you know is being bullied but they won't tell anyone.

HOW DO THEY FEEL? 2

- Look at the image below and try to describe how each person might be feeling ...
- Describe negative and positive ways they might deal with their feelings.



HOW DO THEY FEEL? 3

- Look at the image below and try to describe how each person might be feeling ...
- Describe negative and positive ways they might deal with their feelings.



8.5 A group of young people won't let you join in with them at break time.

HOW DO THEY FEEL? 4

- Look at the image below and try to describe how each person might be feeling ...
- Describe negative and positive ways they might deal with their feelings.

