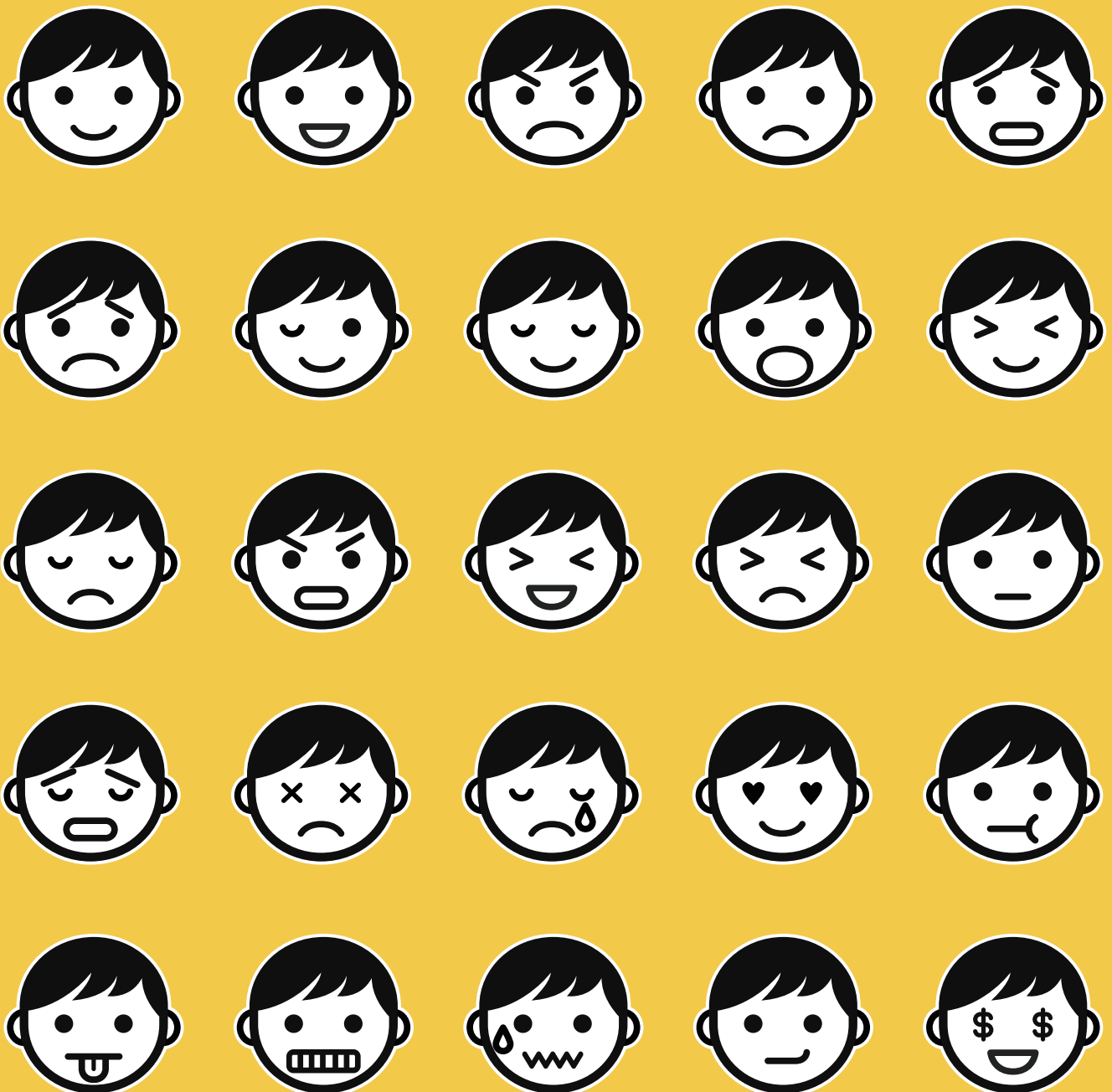


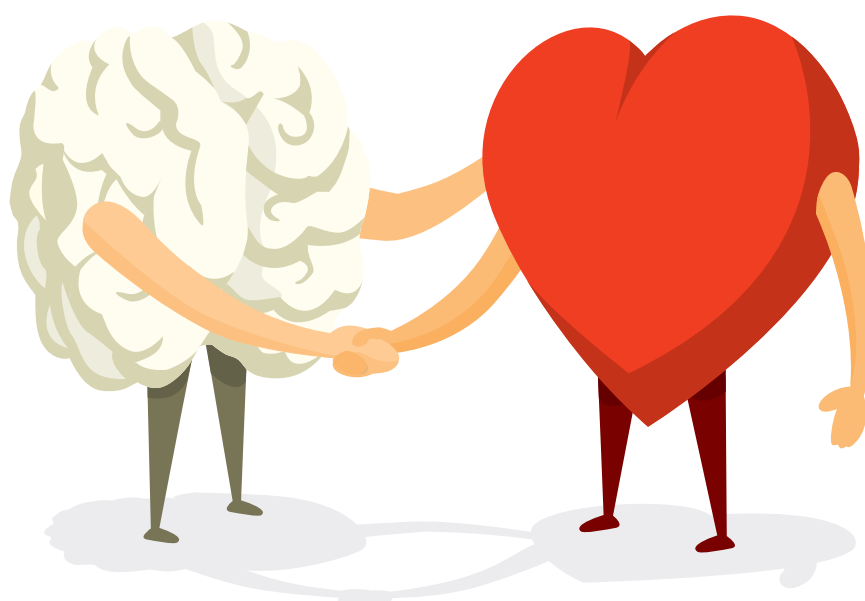
What are these things called emotions anyway?

A child's guide to understanding and coping with emotions KS2



What you'll find in this workbook

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Source of the Widget symbols throughout the workbook:

Created in WidgitOnline.com for school

Widgit Symbols © Widgit Software 2002-2022

Introduction

We all experience lots of feelings, some good, some bad and some a mixture of both! Children can find their own emotions confusing and may even struggle with understanding other people's emotions.

This workbook has been made to help you learn more about different emotions, and ways to cope with them when they get too much.




To help you learn your skills each session of the workbook will include a take-home task. There is no right or wrong answer to the tasks, but we know that the more we practice something, the more changes we notice.






Exercise one: Complete the 'My Workbook Plan' below to plan when you are going to complete the take home tasks:

My Workbook Plan

I will complete my workbook in this location...

Picture of school 	Picture of home 	Blank box to draw a place 
---	---	---

Who can I talk to about my workbook?

Picture of family 	Picture of teacher 	Blank box to draw a person 
---	---	--

Session One: Recognising emotions

A big part of being human is having lots of different feelings but they aren't always easy to understand or notice. There are lots of words to describe different emotions.



Exercise two: Can you write or draw as many emotions as you can think of in the space below:

Happy

Sad

Confused

Circle one of the numbers below to say how you found listing different emotions:



0

1

2

3

4

5

Really hard

In the middle

Really easy

Here are some examples of different emotions we may experience:



Happy



Sad







Worried



Angry



Exercise three: Take happiness as an example, we might tell others that we feel happy but there are other cues that can tell us more about how we are feeling.

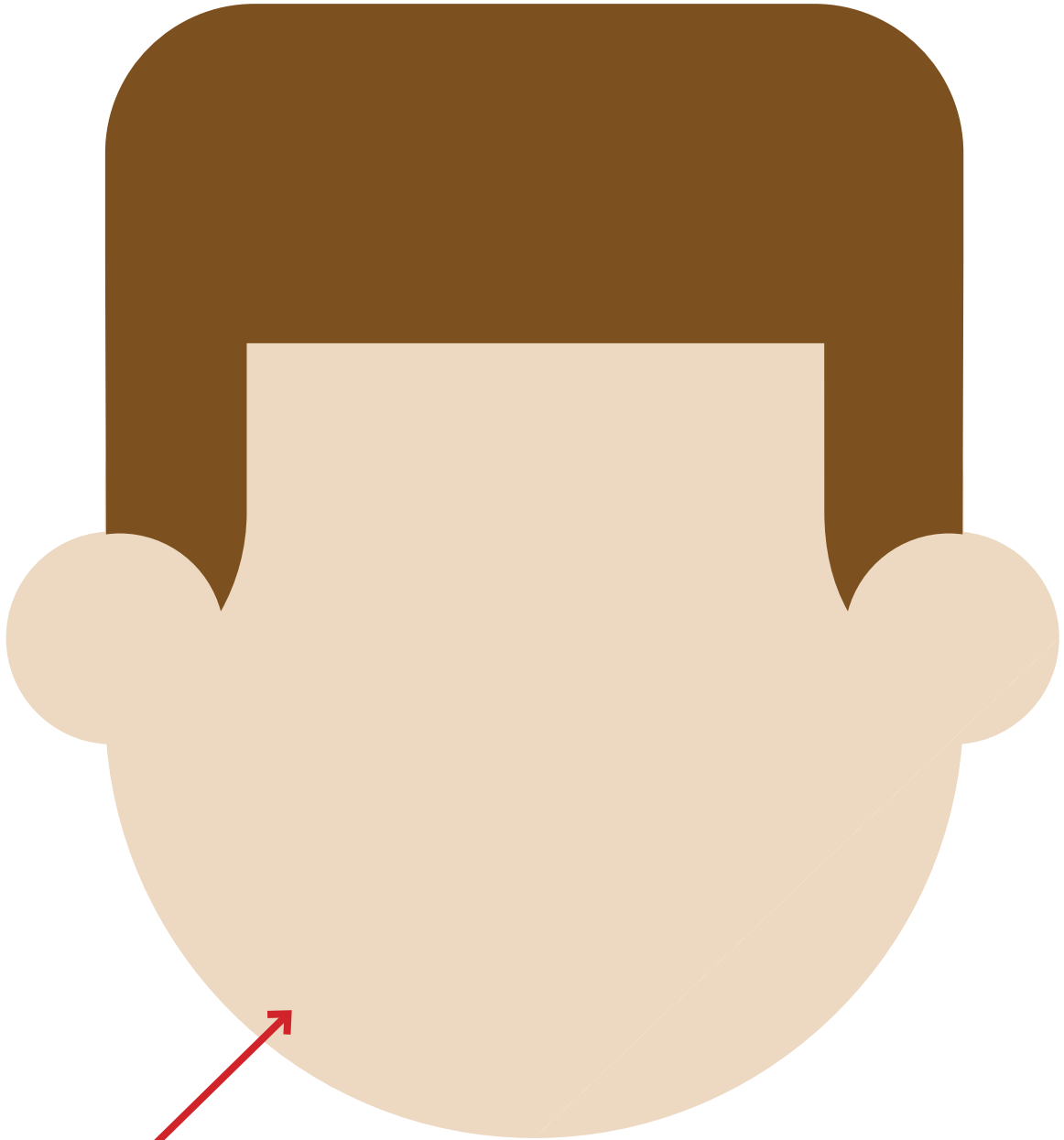
<p>What makes you feel happy? </p>	<p>What makes you feel sad? </p>
<p>What makes you feel worried? </p>	<p>What makes you feel angry? </p>

Emotions are more than just words or pictures. When we feel a certain way, we may notice changes in our body, the way we think and even the different things that we do. Although everyone is different, we tend to show our feelings in a similar way.

Take happiness as an example, we might tell others that we feel happy but there are other things that can tell us more about how we are feeling.



Exercise four: When you feel happy, what changes do you notice in your face? Draw or label them on the picture below:

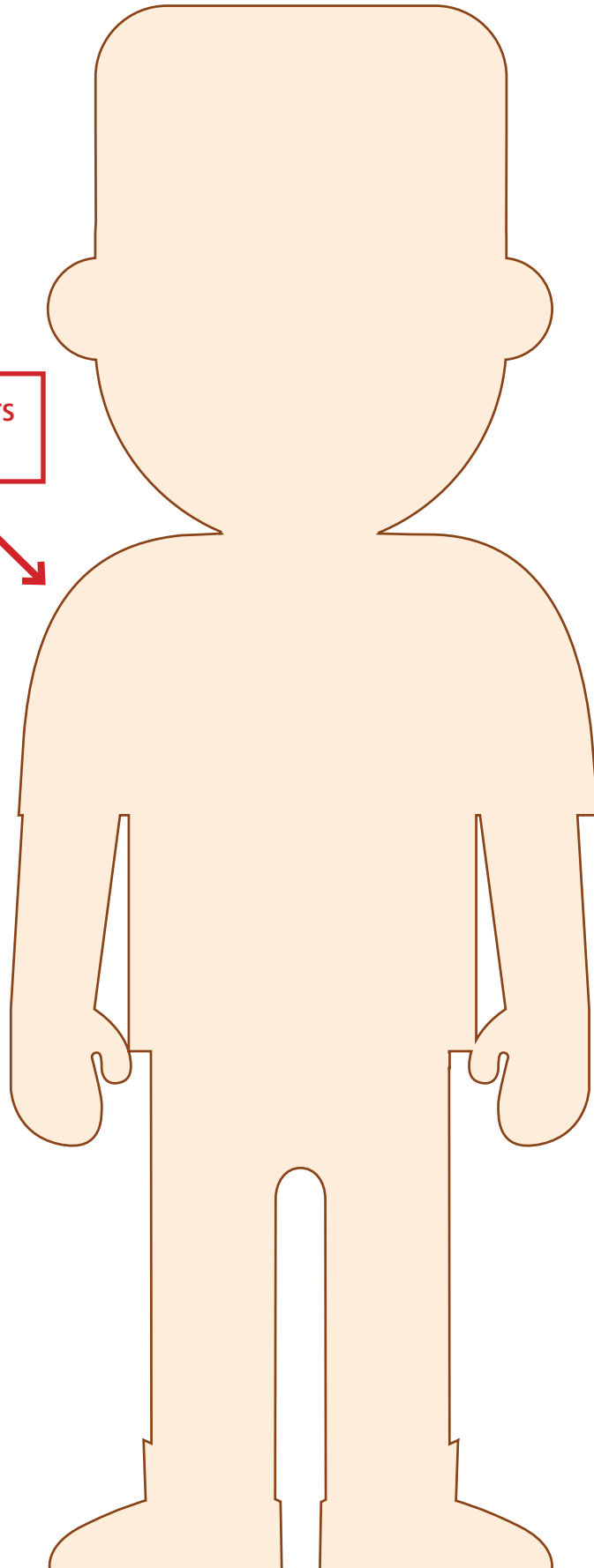


My face feels warmer



Exercise five: When you felt happy how did your body feel? Draw or label these feelings on the body map below:

My shoulders
felt relaxed





Exercise six: What sort of thoughts run through your mind when you are happy?

HINT: Thoughts are the words or sentences you might say to yourself.


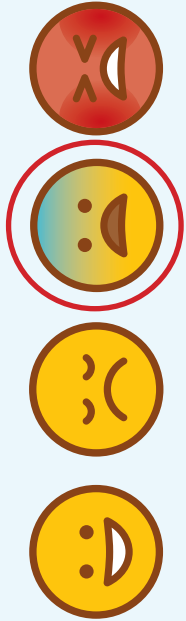
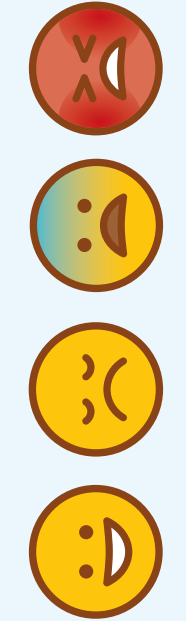
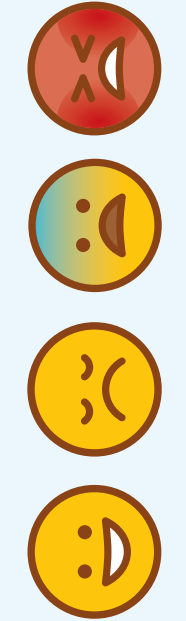
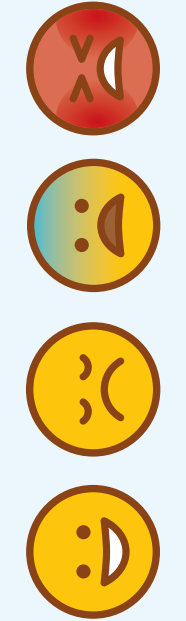



Take home task: Exploring my emotions

Use the diary on the next page to help you pay attention to your feelings this week.

1. Think back on what you have done that day.
2. Circle how you were feeling during the event.
3. Think about the event and ask yourself what thoughts you had, how your body felt and what you did. This will help you understand your feelings better.

Exploring my emotions

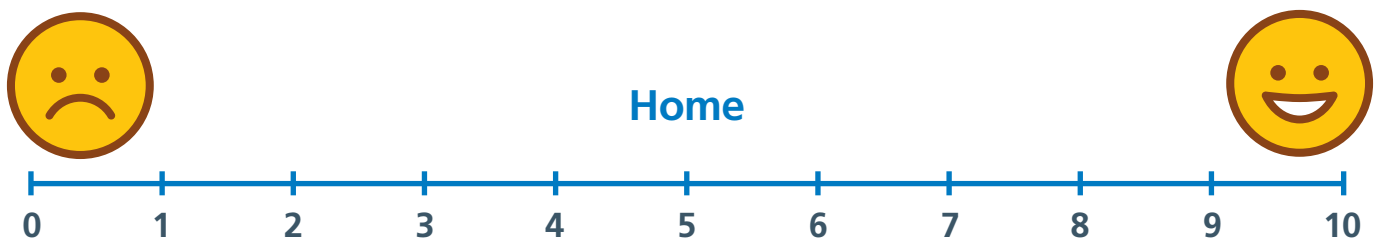
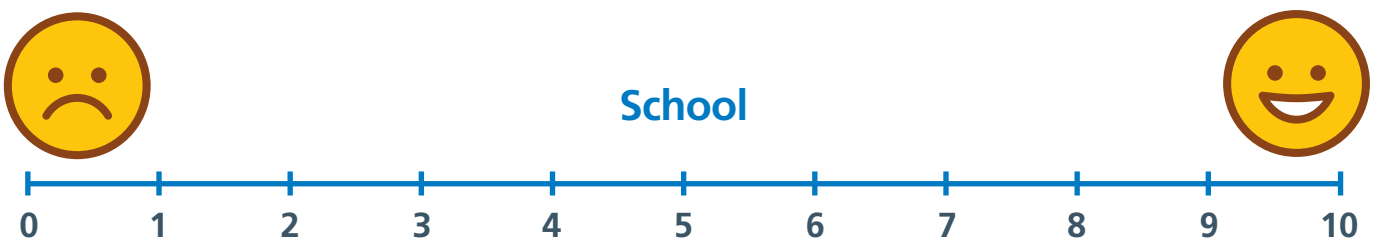
<p>What I was doing</p> 	<p>How I felt</p> <p>Circle the emotion you felt</p>	<p>How did I know that I felt this way?</p> <p>What was I thinking? How did my body feel? What was I doing?</p>
<p>Playing netball in P.E at school</p>		<p>"I'm rubbish at this." "People are staring at me!" My body felt tense and shaky. My heart was beating fast. I was looking around everywhere and couldn't focus on the game.</p>
		
		
		
		

Session Two: Signs and signals of emotions

In our first session we thought about a few different emotions. After these discussions, complete the task below.

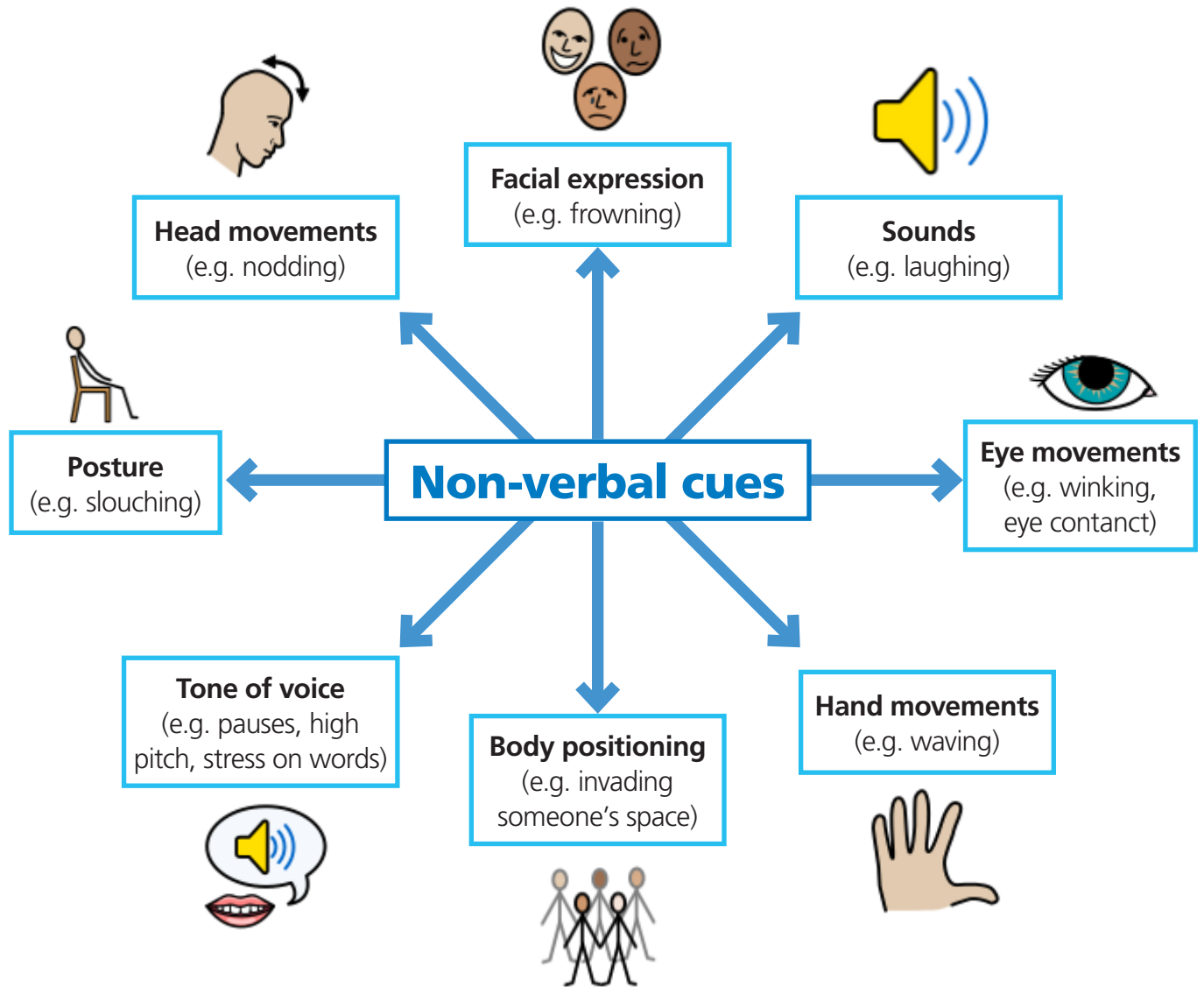
How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



Non-verbal communication: Often, the way we can tell how we feel is based on what we do.

“Non-verbal” means showing people how we feel - for example instead of saying “I feel sad”, we might sit alone with a frowning mouth.





Exercise seven: Take a look at the following scenarios and answer the questions below.

Even if you haven't been in the same situation, try to imagine what the person might be feeling, thinking, and doing.

Situation one:



Source: VectorStock


Describe what you see in the above picture:




How do you think Ellie might be feeling?



What might Ellie be feeling in her body?



What is Ellie doing because of how she feels?



Situation two:



Describe what you see in the above picture:

A small icon in the top left corner of the box shows a hand pointing towards a tree, representing observation or description.

How do you think Sam might be feeling?

A small icon in the top left corner of the box shows a stick figure with a hand on their chest, representing an emotion or feeling.

What might Sam be feeling in his body?

A small icon in the top left corner of the box shows a simple human silhouette, representing physical sensations or body feelings.

What is Sam doing because of how he feels?

A small icon in the top left corner of the box shows a stick figure with arrows indicating movement or actions, representing behavior.

Situation three:




Describe what you see in the above picture:




How do you think Simon might be feeling?



What might Simon be feeling in his body?



What is Simon doing because of how he feels?

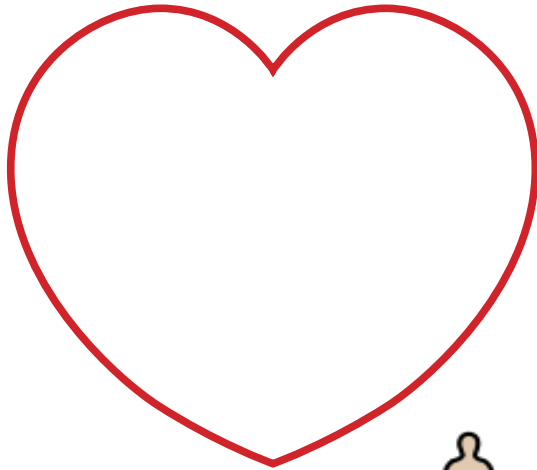




Take home task: Exploring my emotions take two!

These situations have focused on some of the more difficult emotions. Use the shapes to keep track of the thoughts, feelings and things that you do when you have pleasant emotions such as feeling loved or excited.

When I feel loved, I feel...



What do I feel in my body?



What do think or say?



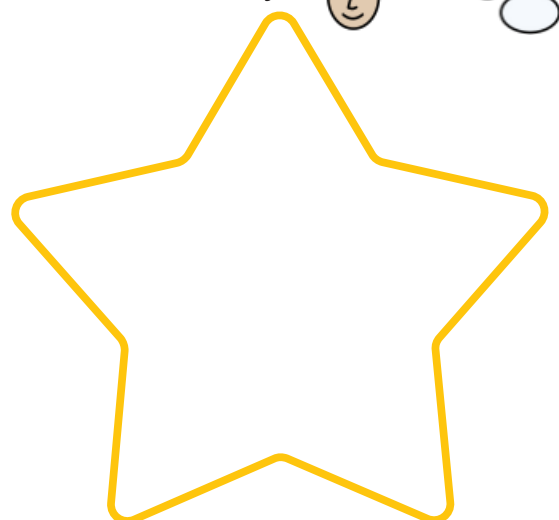
When I am excited, I feel...



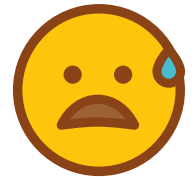
What do I feel in my body?



What do think or say?

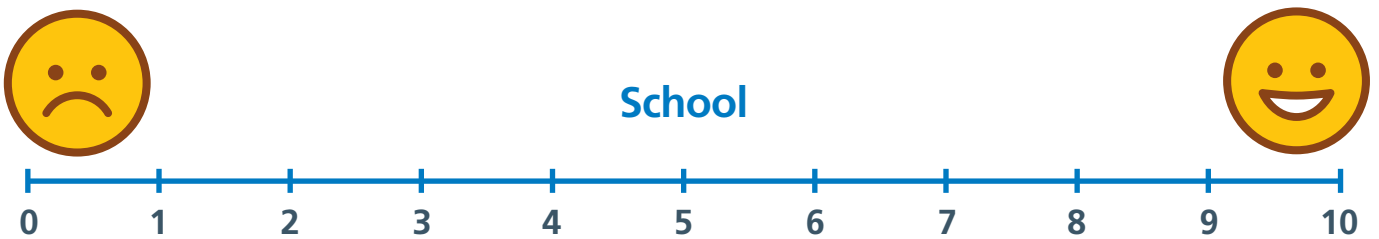


Session Three: Understanding anxiety



How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



Other words include fear, stress, scared, panicky, worried, terrified and frightened.

When we were cavemen and women, we may have been faced with lots of dangerous situations! Our brain needed to make sure we stayed alive, so it learnt to respond to this. This is called the fight, flight or freeze response.



Source: Westmeria Counselling Service

The fight, flight or freeze response is like our body's alarm system. It causes changes that we can feel in our body!



Sometimes this alarm system is needed to keep us safe (for example when a car is racing towards us!)

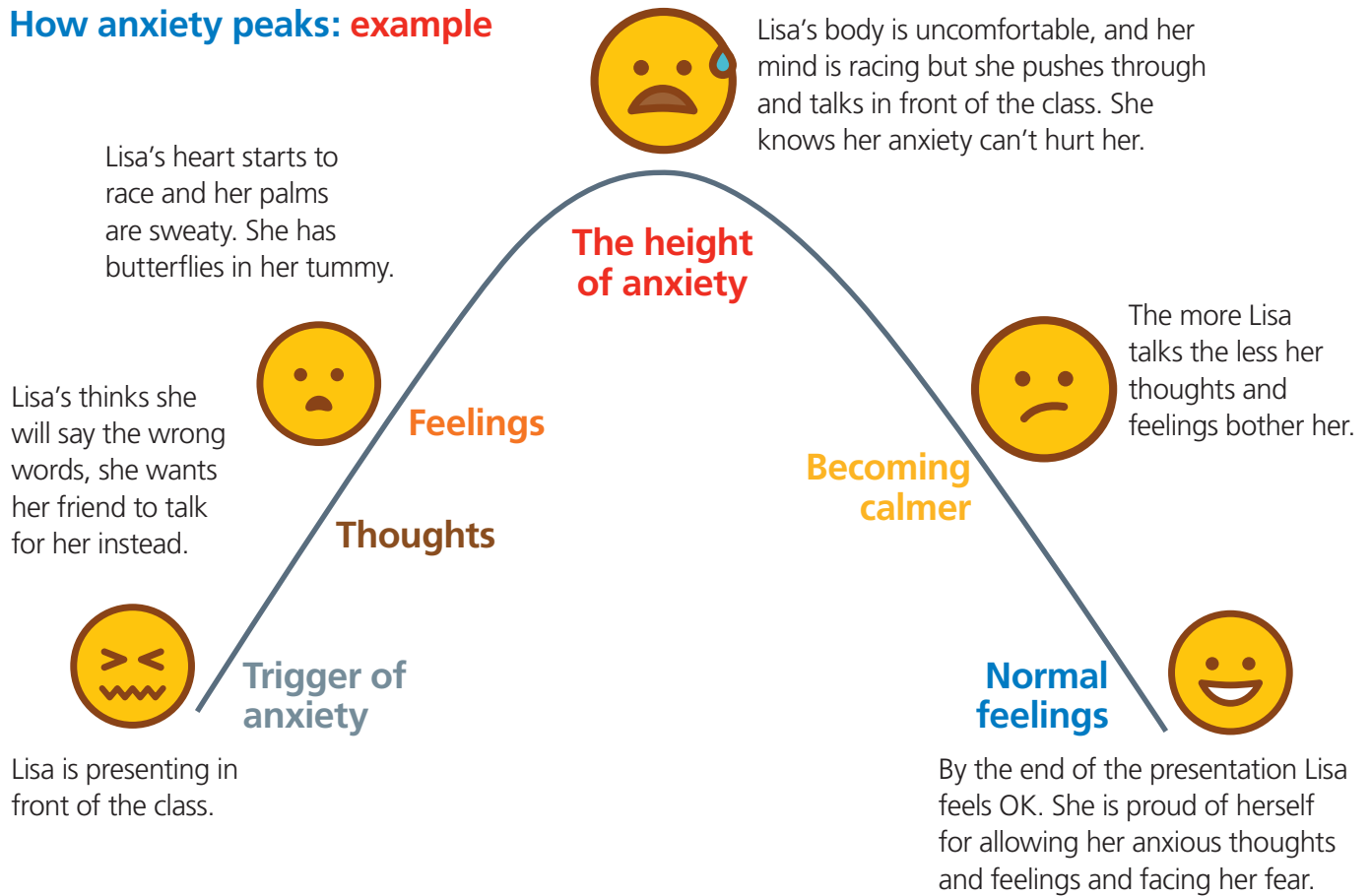
However, sometimes the alarm goes off when there is no real danger! Sometimes, our own thoughts and the feelings in our body can be enough to set our alarm off.



Source: VectorStock

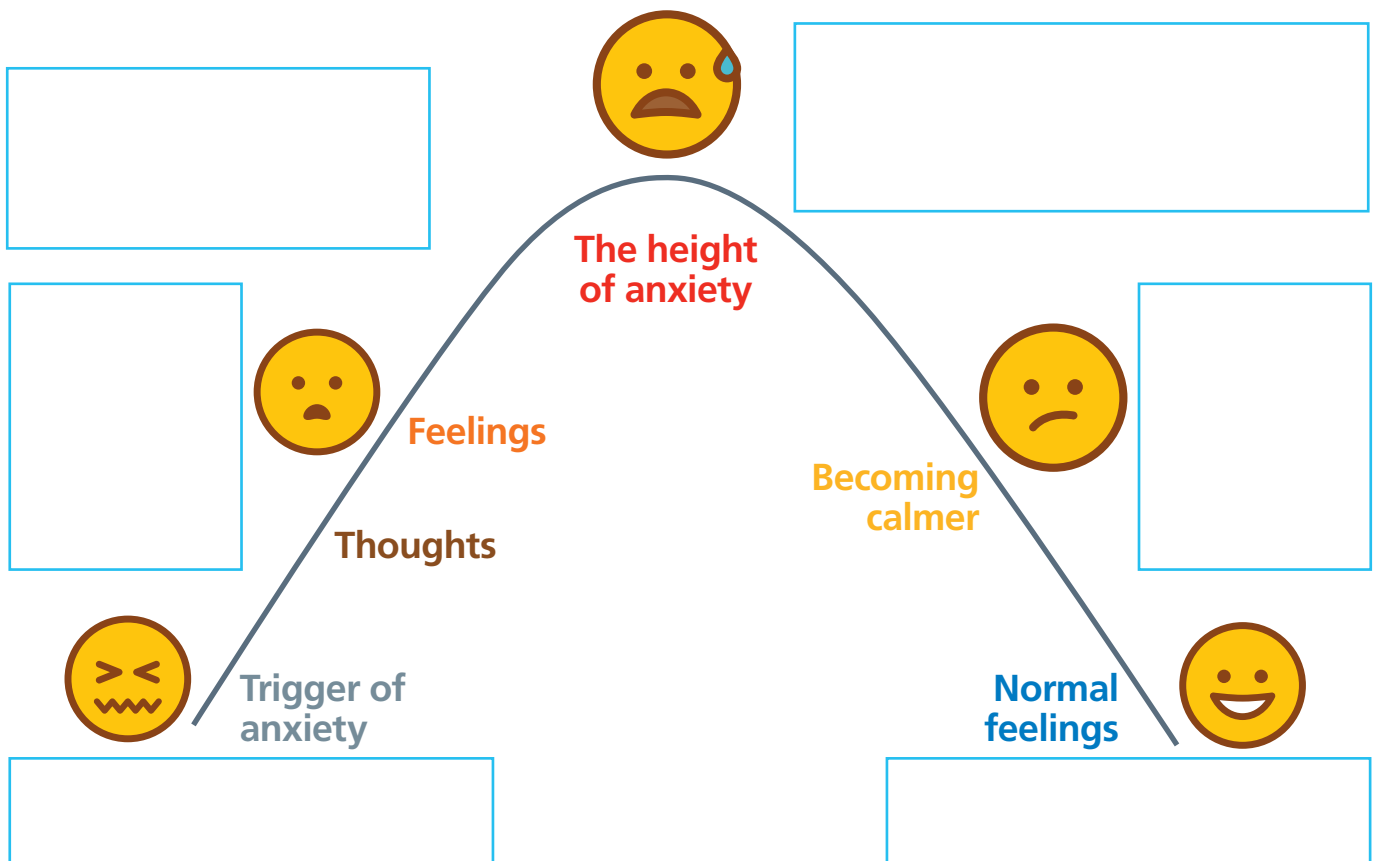
The Anxiety Curve

How anxiety peaks: example



Exercise eight: Mapping your anxiety curve.

Looking at the example above, can you think of a time when you may have felt a little anxious and write your feelings in the boxes? How did your feelings change over time?



Avoiding things: When we feel really worried about something, it makes sense that we'd rather get out of the situation. If we do leave, we might feel better straight away – but what if we always avoided that situation in the future?

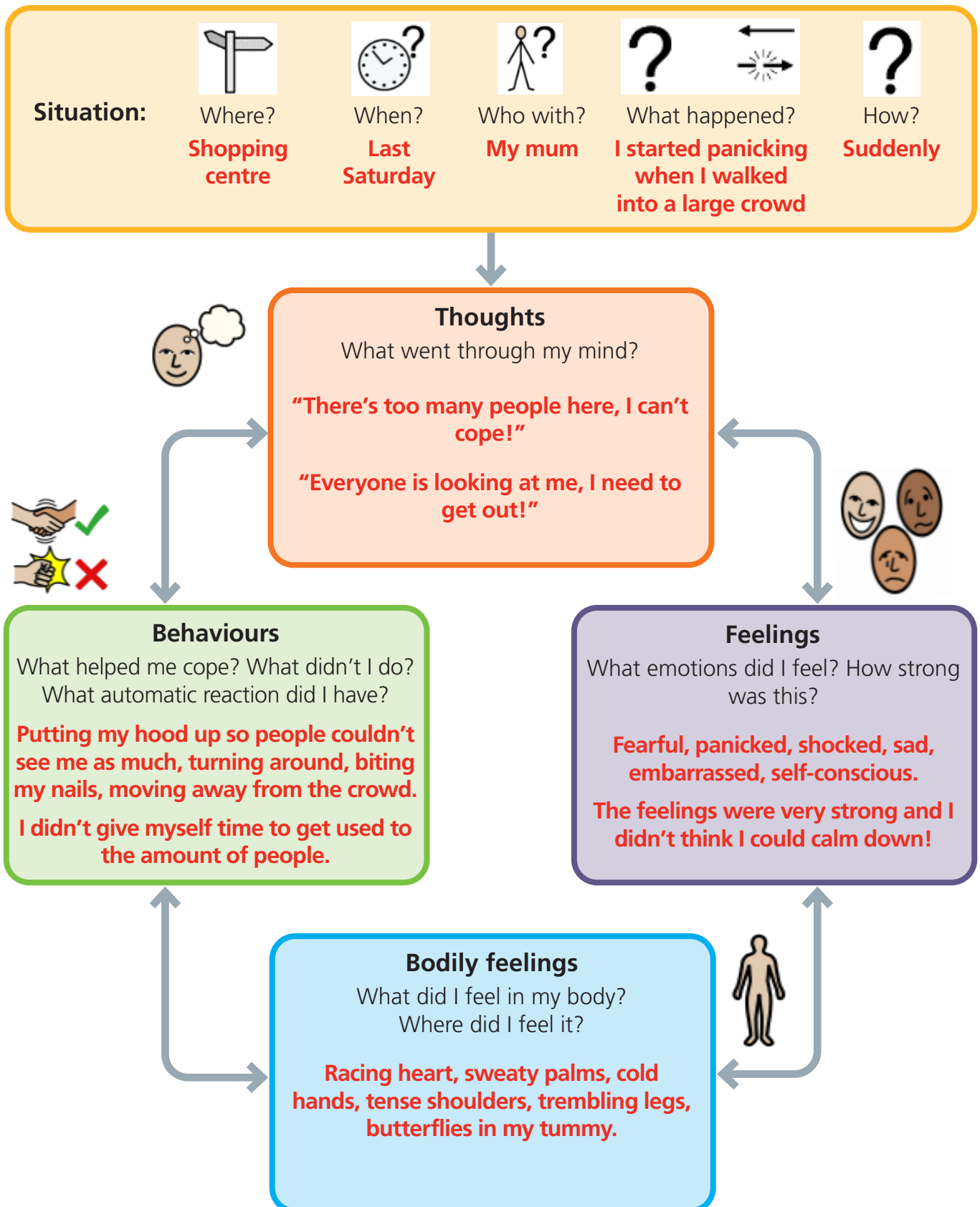
The more we avoid the things that make us feel worried, the harder they are to overcome! We need to face our fears by taking small steps, to teach our alarm system that it doesn't need to go off!



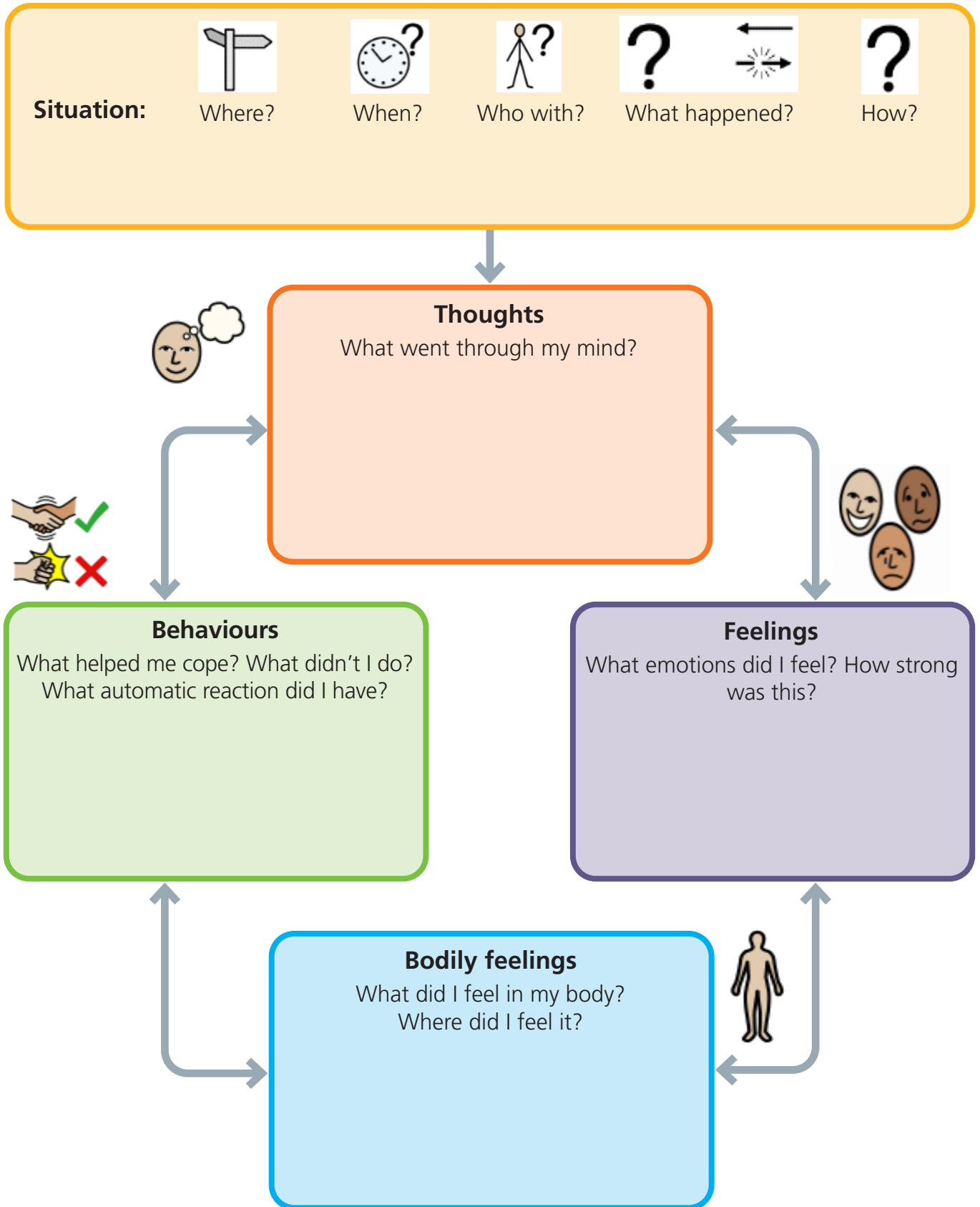


Exercise nine: Take a moment to think about a situation where you felt anxious or noticed someone being anxious. Use the example below to help.

Example:



Now have a go yourself:



Take home task: Facing my fears

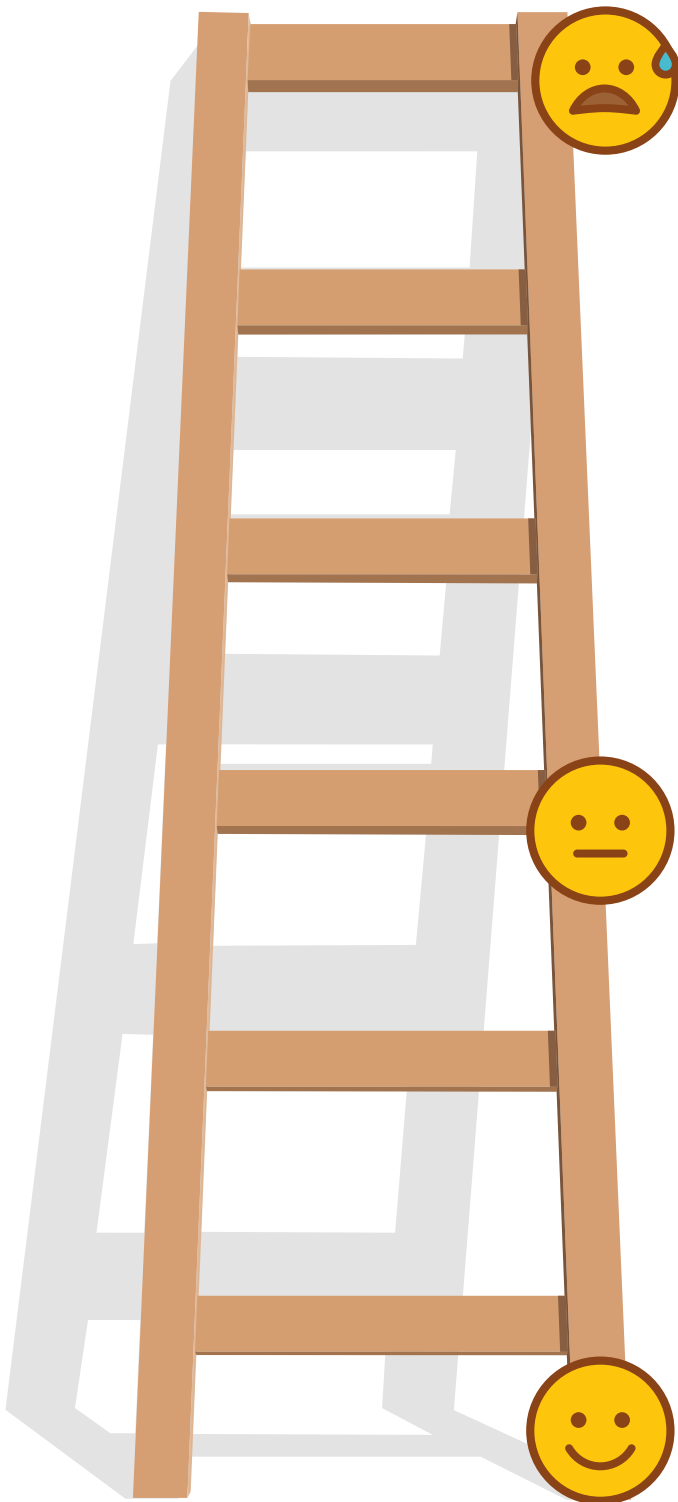
Is there anything that you might be avoiding because of worry? Complete the handout to think about the small steps you could take to overcome this and have a go at trying one of the less difficult steps

Facing my fears: example

The situation I am avoiding is: **The school dinner hall.**

My goal is: **To eat my lunch in the hall with the other children.**

Write down some ideas that would help you reach your goal. Remember it's important to start slowly with something that gives you a bit of anxiety but not too much. In the blue box, give each step a rating from 0-10, where ten is very high anxiety and 0=no anxiety at all.



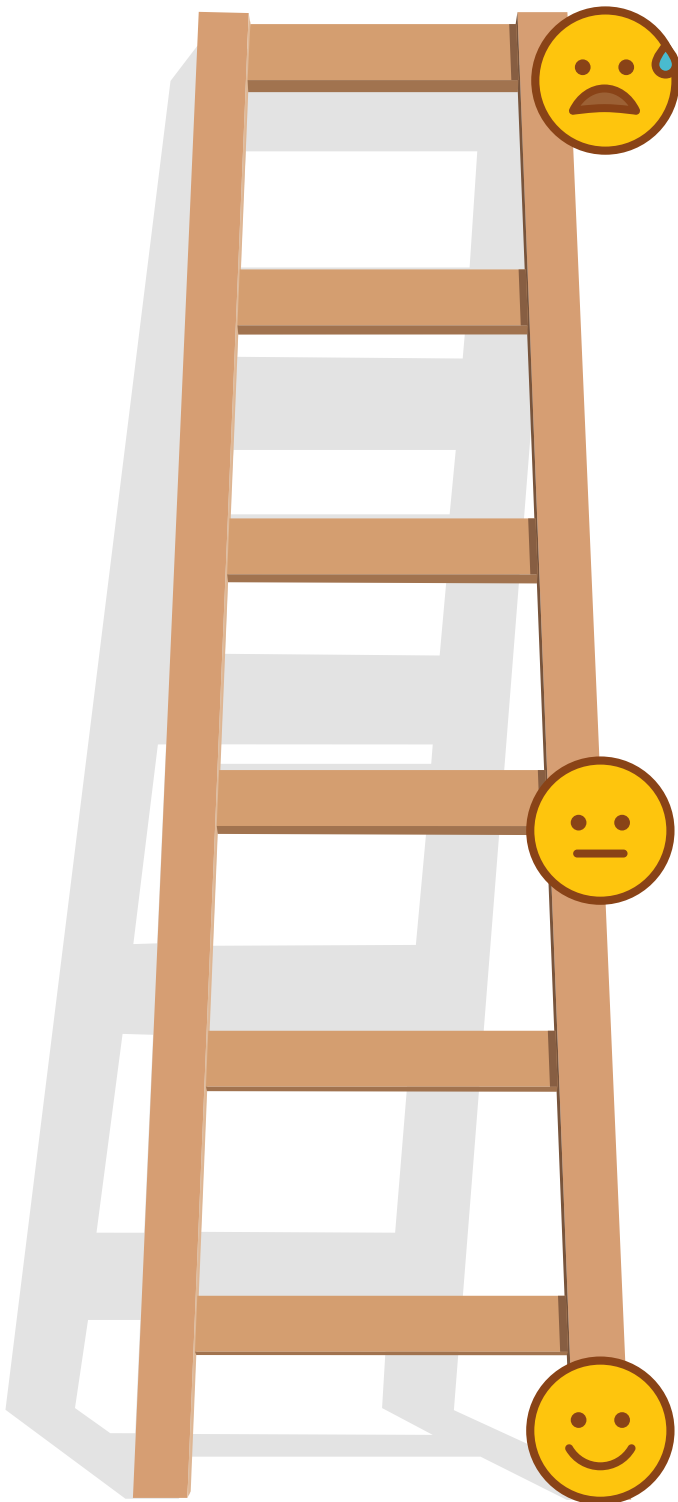
Most difficult Eat dinner with the rest of the school at lunch time.	10
Eat dessert in the dinner hall with the rest of the school.	8
In the middle Go in and get dinner at lunch time with the rest of the school.	6
Go in and get dinner at lunch time with my full class.	4
Not so bad Go in and get dinner with 3 friends, to eat in class.	2

Facing my fears:

The situation I am avoiding is:

My goal is:

Write down some ideas that would help you reach your goal. Remember it's important to start slowly with something that gives you a bit of anxiety but not too much. In the blue box, give each step a rating from 0-10, where ten is very high anxiety and 0=no anxiety at all.



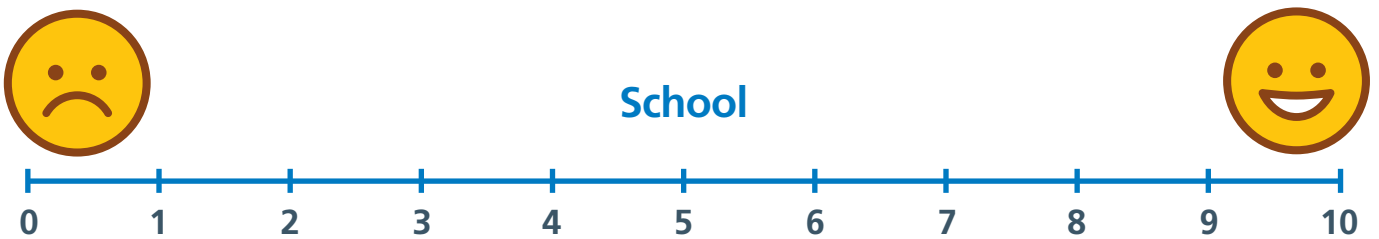
Most difficult	
In the middle	
Not so bad	

Session Four: Understanding anger



How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.

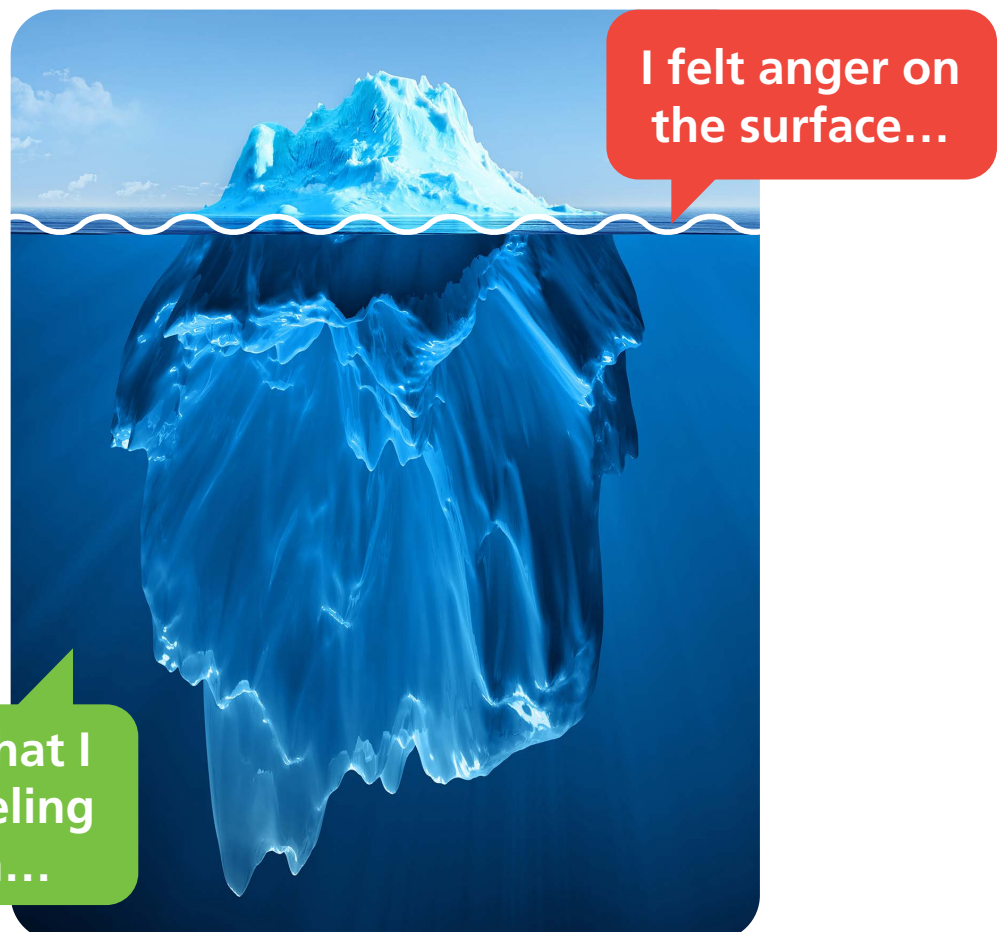
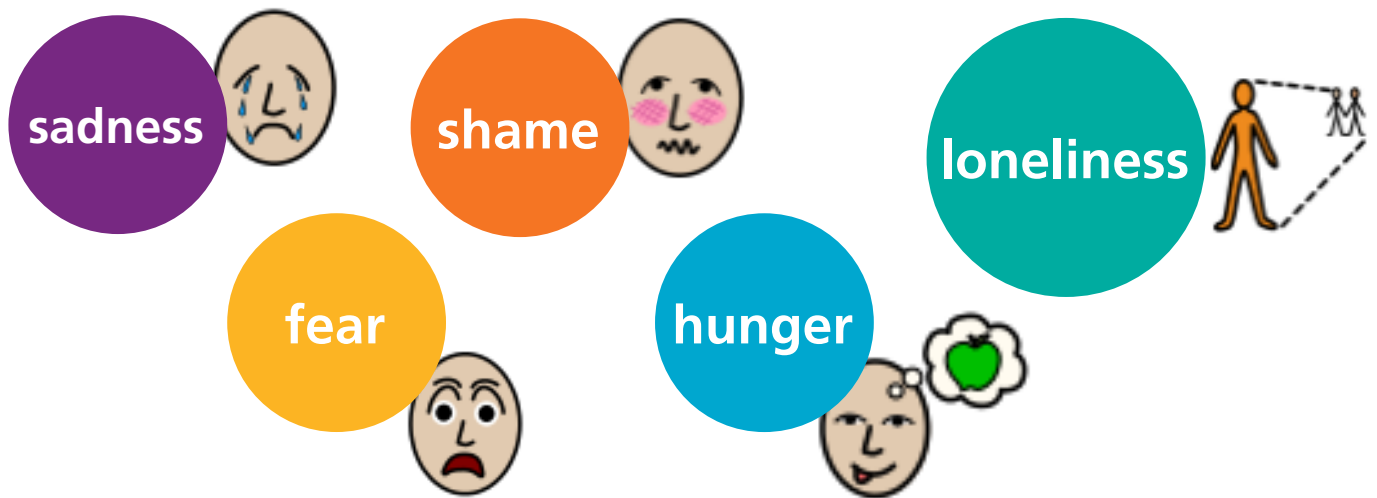


Other words include frustrated, annoyed, irritated and cross.

Bodily feelings may include feeling hot, sweaty, muscle tension, tingly, heart racing and shortness of breath.

Anger causes similar feelings in the body to anxiety. It happens because of the body's alarm system. Anger can be a difficult emotion, which can lead us to do things that we regret later on!

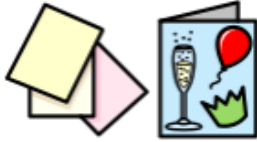
Icebergs look huge when they are sitting in the water! However, did you know that most of the iceberg is actually below the water line? Anger is a feeling that people often show easily on the outside. Sometimes anger hides other tricky feelings under the surface. Here are some examples:





Exercise ten: Anger iceberg

You will need:



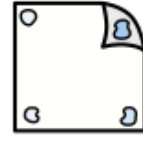
paper/card



coloured pencils/pens



scissors



blue tac

How to make it:

1. Draw an iceberg shape. Draw the water level close to the top.
2. On the tip of the iceberg write 'anger'.
3. On small bits of paper/card write different feelings down that might cause angry outbursts e.g. 'tired', 'worried', 'hungry'.
4. Cut each word out and blue tac them to the iceberg, beneath the water's surface.

Using the anger iceberg

- Choose a calm moment and sit with an adult you trust.
- Think of a time you felt angry - discuss what you think caused the anger/ did the feeling link to any of the feelings words on the iceberg?
- Put the appropriate words just under the surface of the water.
- Explain/talk about each relevant feeling, then move it down to the bottom of the ocean.



This fun activity is great to use to discuss any recent outbursts of anger. It helps us to understand that we have lots of different feelings, which can be expressed in different ways! Some ways can get you into more trouble so it's best to talk to people we trust.

Display your anger iceberg around the house and use it to help you when you are struggling with difficult feelings!




Some of our responses to anger might be unhelpful but anger can also be helpful. Anger helps make sure that the world is fair and it makes sure we feel strongly about what is right and wrong! Imagine living in a world where there was no anger, would people be treated equally?



Exercise eleven: Circle the helpful responses to anger below.

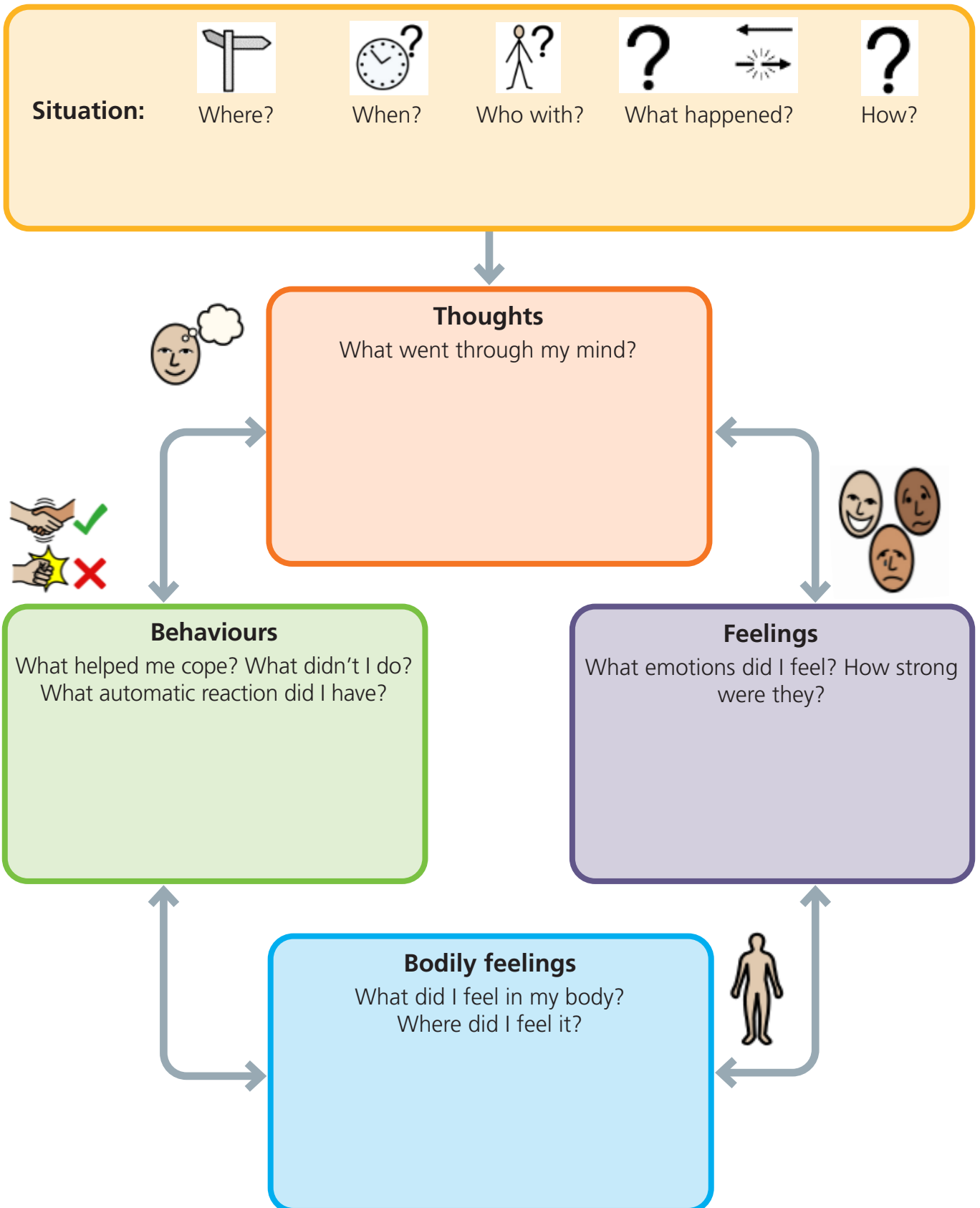
 Pushing someone	 Distracting yourself	 Never talking to the person that annoyed you again
 Shouting at someone	 Taking deep breaths	 Punching a pillow
 Doing exercise	 Talking to others about how you feel	 Hurting yourself
 Writing things down	 Going to the police	

Why might some of the above responses be unhelpful? Could there be times when they are helpful?

Unhelpful response 	Why might it be unhelpful? 	When might it be helpful? 
Shouting at someone.	You may be saying things you don't mean and upsetting the other person.	When someone is in danger and you need to warn them.



Exercise twelve: Take a moment to think about a situation where you felt angry or experienced someone being angry.





Take home task: Helpful and unhelpful responses to anger

Looking at your behaviours in the cycle you mapped out, which ones might not be helpful?

List them here:

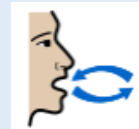
Example: Throwing my tablet on the floor.



What helpful behaviours could you do instead when you feel angry? List them here:



Count to 10 and breathe slowly and deeply.

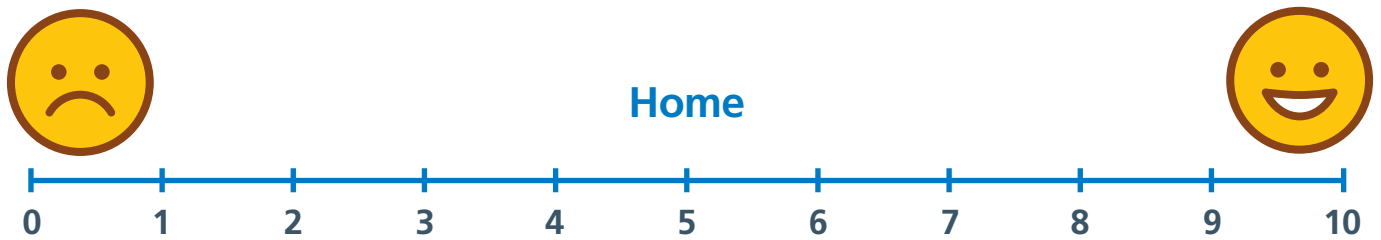
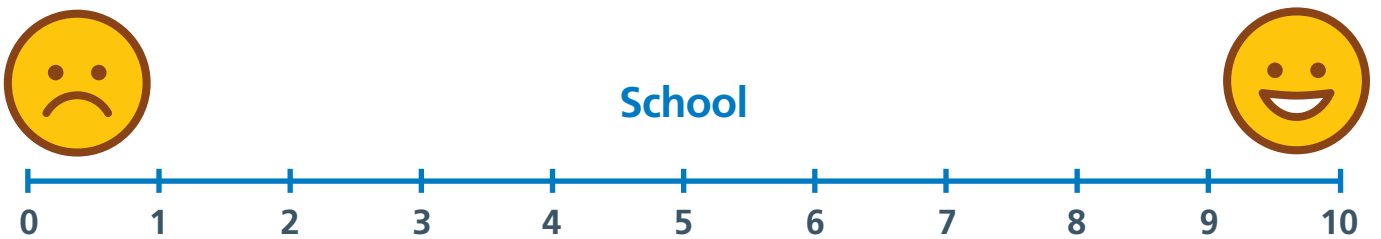


Session Five: Understanding sadness



How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



Other words include upset, miserable, low in mood, blue or down in the dumps. Bodily feelings of sadness may include feeling tired, a weighed down feeling or a feeling slower than usual.

Sadness is a helpful signal that something is wrong. We often feel sadness when we lose somebody important to us. Sadness is a signal to ourselves and others that we might need some support. Even as cavemen and women we needed the friendship support of our group to survive. Sadness would be a way of looking for emotional help from others when we needed it.



Exercise thirteen: Signs of low mood (sadness).

What might you do if you were feeling low in mood?



How might your body feel?

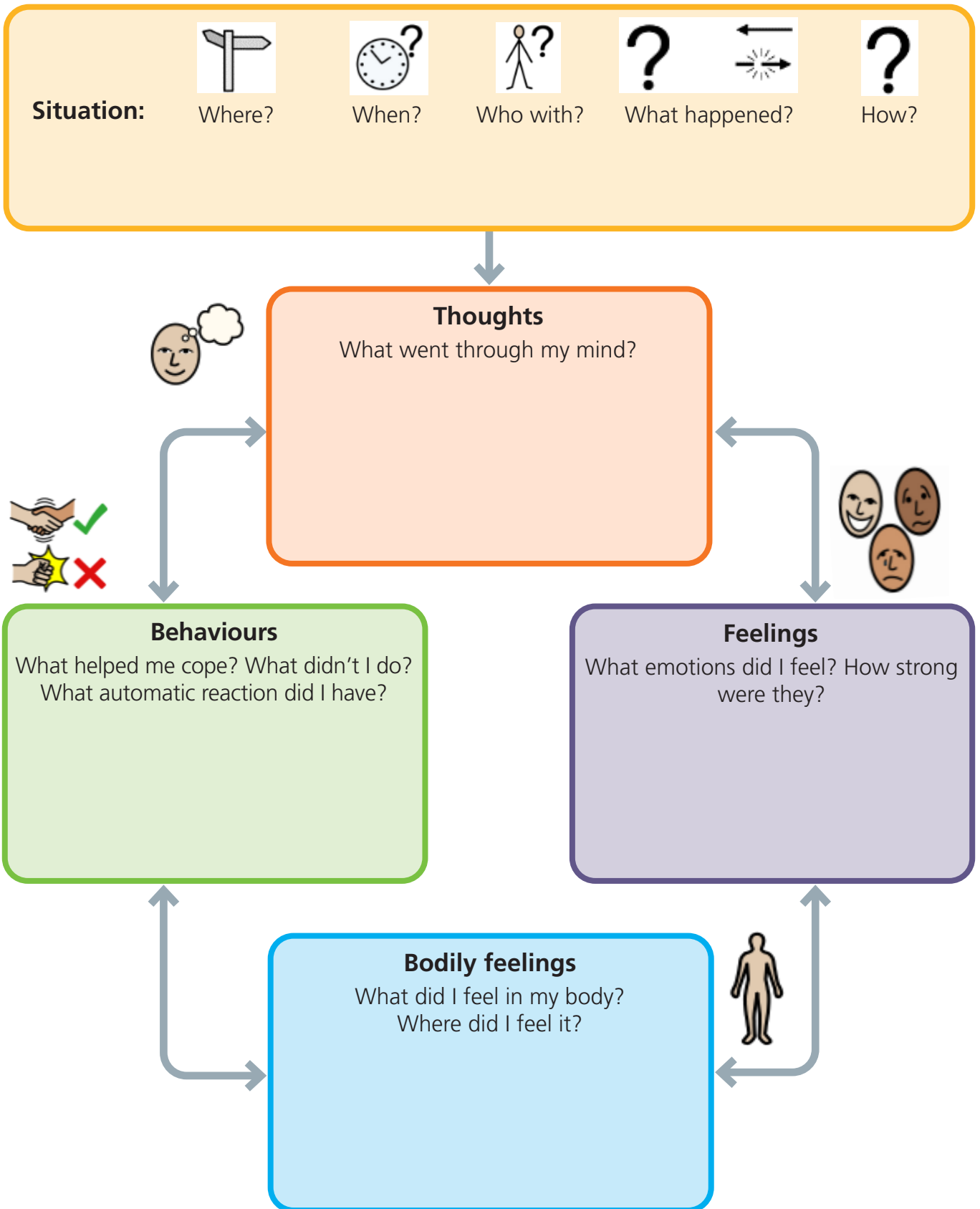


Write your answers around the image below:

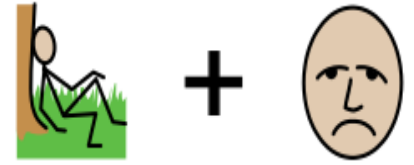
A central illustration of a man sitting on the floor, hugging his knees, looking sad. He is wearing a blue t-shirt, dark pants, and red sneakers. Surrounding him are several empty rectangular boxes for writing answers. Two boxes contain pre-written text: "I avoid talking to people." on the left and "My body feels weak." on the right.



Exercise fourteen: Take a moment to think about a situation where you felt sad or experienced someone feeling sad.

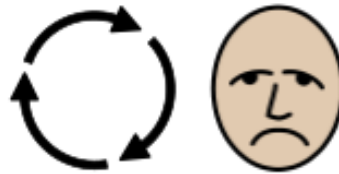


Inactivity and low mood: As our motivation, energy and enjoyment are lower when we are sad, it can feel harder to get involved in activities. This includes activities we used to love doing! However, when we do less, we often end up feeling worse. Doing more of the things we need to and the things we enjoy helps us to feel better!



Feel low

- Feeling tired
- Feeling bad/ guilty
- Not feeling like you want to do things
- Feeling hopeless



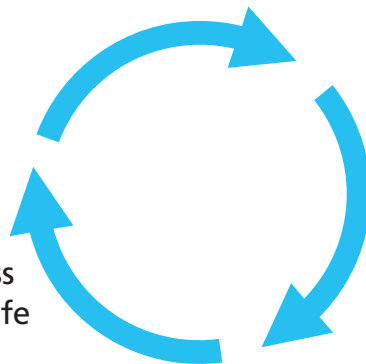
Cycle of low mood

Feel low



Do less

- Slow down
- Do less usual activities
- Avoid doing things with friends/family



Get less out of life

Not doing as much

Get less out of life

Less enjoyment, feeling alone, not feeling like I've done things I need to do.



Feel better

- Example:**
- Feeling more like doing things



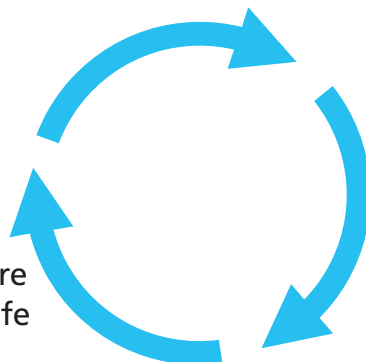
Do more to feel better

Feel better/happier



Do more

- Example:**
- Plan to see friends more



Get more out of life

Increased activity

Get more out of life

More enjoyment, feeling closer to others, feeling like I've done what I need to.



Take home task: Self care and activity plan

- Look at the list of activities. Circle some that you think already help you when you feel sad and those that you would like to try.
- Write them down in your Self Care and Activity Plan below.
- Rate out of 10 (10 being really helpful and 0 being not helpful at all).

Handout two: List of enjoyable activities

Circle any activities that you enjoy:



Reading



Video games



Listen to music



Sports



Cooking



Laughing






Walking



Spending time with family and friends

Can you think of anymore not on the list? Write/ draw them here:

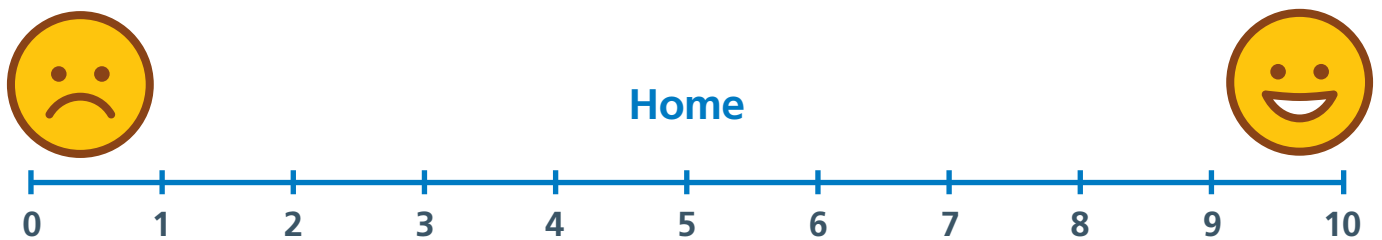
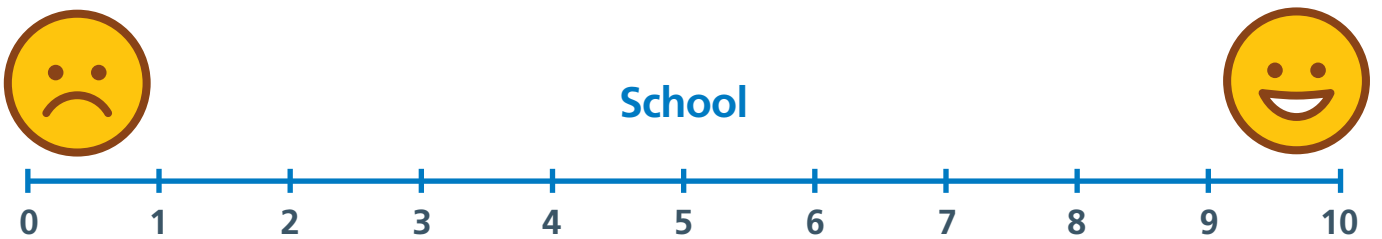
My self care and activity plan

 Day	 Activity	Score out of 10  8
Monday	Listened to my favourite music	8/10

Session Six: Dealing with funny feelings

How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



Grounding exercises

Relaxation exercises

Relaxation is a great way of calming down the fight, flight or freeze response and helping us to slow down and think.

When we feel very angry, or our emotions have become too overwhelming, we need to find a way to bring ourselves back to where we are right now. Grounding exercises help to bring you back into the present moment if thoughts have been racing in your head, and an easy way to do that is to use all of your senses.



5 4 3 2 1 Grounding Exercise



Some children also find it helpful to carry around a small object that is meaningful to them. When they get overwhelmed, they can look at the object, notice its textures, shapes, patterns and details, as a way of helping calm emotions that have become too much.

Calming exercises

Here are a few calming exercises for you to try:

Flower and candle

Imagine you have a flower in your hand.

What colour is it?

What does it smell of?

What does this smell remind you of?

Imagine in your other hand you are holding a candle.

Now smell the flower and notice how your chest expands. Hold this for 5 seconds.

Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away.

Are you feeling relaxed and ready to learn?



Sleepy elephant

Imagine you are a really sleepy elephant and you are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you can do it.



Hands and arms: Squeeze a lemon

Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hand. See how much better your hands and arms feel when they are relaxed.



Arms and shoulders: Stretch like a cat

Pretend you are a lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



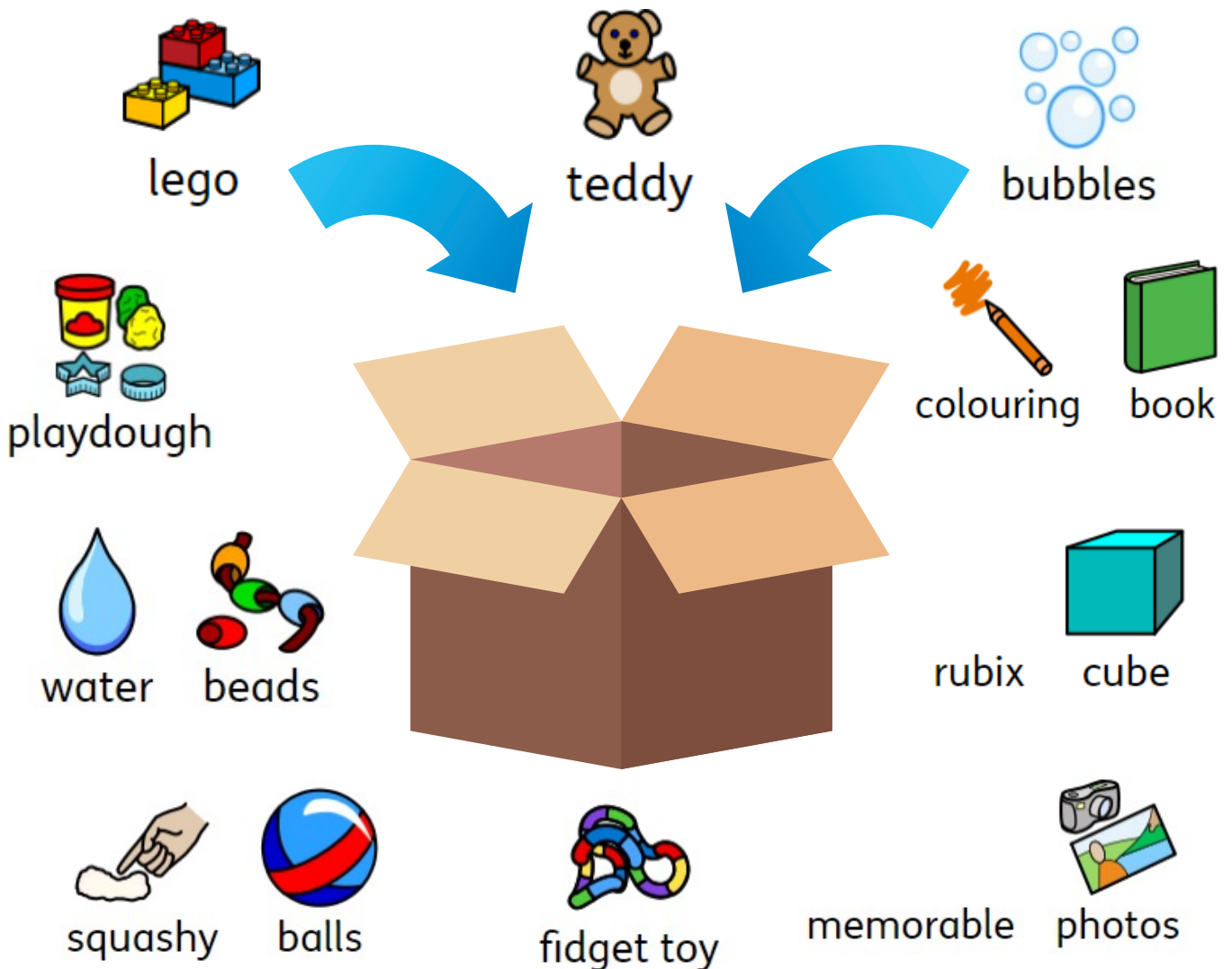
Physical exercise

Another way of relaxing our bodies is by doing exercise. Doing exercise releases chemicals in our body which make us feel happier and calmer.



Calm box

Sometimes it is important that we have some time to ourselves to feel calm. Make your own calm box to help relax you. Here some ideas of things to add to your calm box.














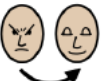




Progressive Muscle Relaxation

Preparation

Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively, sit in a comfortable chair with your head well-supported. Close your eyes if this feels comfortable.

Instructions

1. Take 5 deep breaths, in and out.
2. Work through each exercise below, tensing and relaxing the different body parts.
3. Practise slow breathing throughout.
4. Focus on the bodily feelings which come with relaxation, as you release each time.

 Hands and arms	 Pretend you're holding a lemon	 squeeze the lemon	5 Hold tight for 5 seconds	 Release
 Shoulders and neck	 Pretend you're a tortoise	 Raise your shoulders to hide in your shell	5 Hold tight for 5 seconds	 Relax your shoulders and neck
 Face	 Pretend a fly is on your nose	 Scrunch your face to wiggle the fly	5 Hold tight for 5 seconds	 Relax your face
 Mouth	 Pretend to bite on a carrot	 Keep your teeth together	5 Hold tight for 5 seconds	 Relax your mouth



Write or draw some things that make you feel calmer:










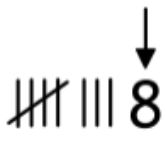
Take home task: Practicing relaxation

- Write down what physical exercise you are going to do this week below.
- Choose one of the exercises introduced in this session to practice each day.
- Rate out of 10 (10 being really helpful and 0 being not helpful at all).

What exercises could you do over the next week? Make a plan for when you will do this:

 	
Activity	When

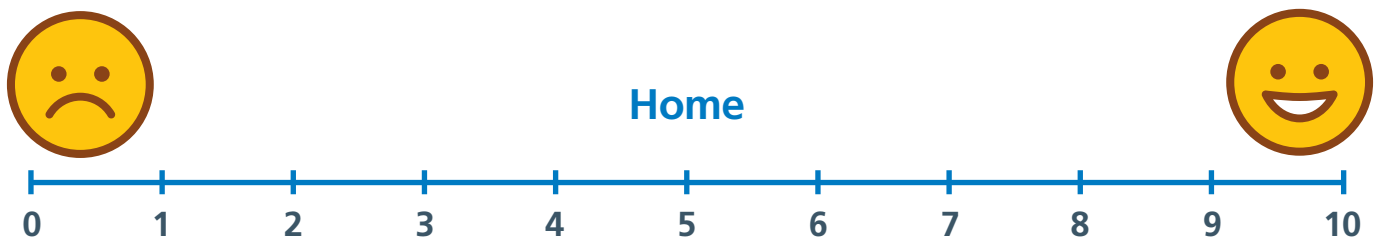
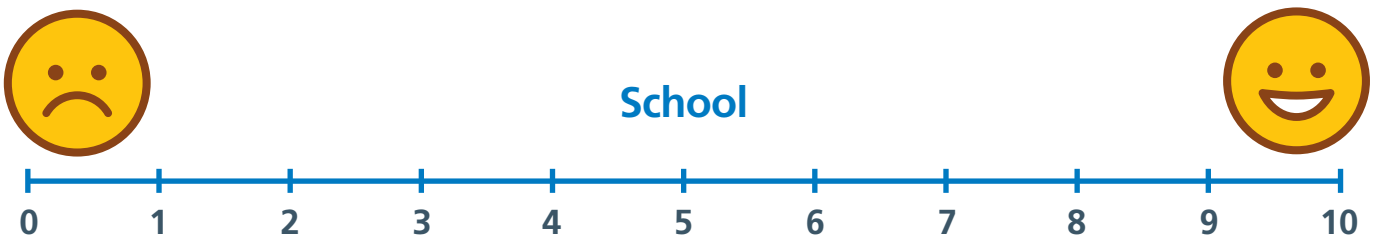
Monitoring relaxation

Day 	Activity 	Score out of 10 
Monday	Sleepy elephant	6/10

Session Seven: Thinking differently

How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



Unhelpful thinking styles

Mind reading

Telling ourselves that we know what other people think about us.



'They think I look silly'

Where is the evidence? Are these my own thoughts?

Critical Self

This is when we put ourselves down and are very critical about ourselves and our abilities.



'I'm not good enough'

Compare and despair

When we notice the positive things in others but compare ourselves negatively to them.



'He's so smart, I wish I was like that'

Jumping to conclusions

Believing we know what is going to happen or catastrophising and believing the worst possible thing will happen.



'The car will crash'

Black and white thinking

I usually think things are either really good or really bad, not both.



Allow for grey areas.

Understand that sometimes things can be more than one way.

'Today has been the worst day ever'

Judgements

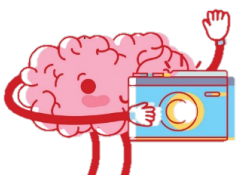
I make judgements about things even though there is no proof or facts that something is true.



'They're talking about me'

Memories

Some things trigger my bad memories which makes me think something bad will happen again now.



'I hurt myself here last time and that's going to happen again'

Mountains and molehills

When we exaggerate a negative outcome or minimise a positive one.



'I can't believe I got 18 out of 20 on this test. I should have got full marks'



Exercise fifteen: Take a look at the list and see if you can see any of the unhelpful thinking styles that you might sometimes use. Write them in the box below:

Sometimes we get into a habit of having unhelpful thinking styles, which affect how we feel and behave. One way to break this habit is to focus on changing your thoughts.

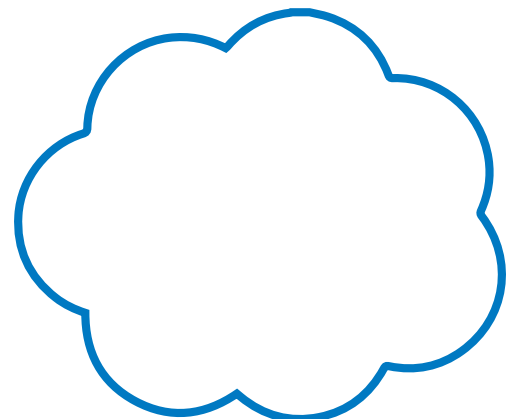
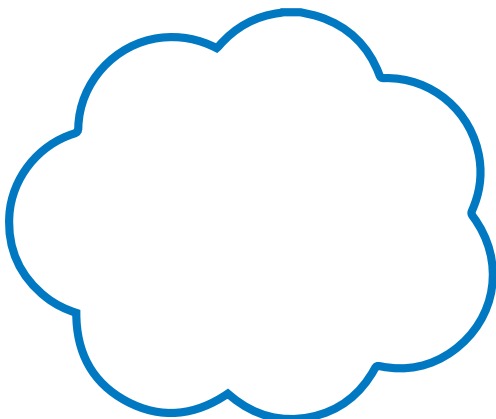
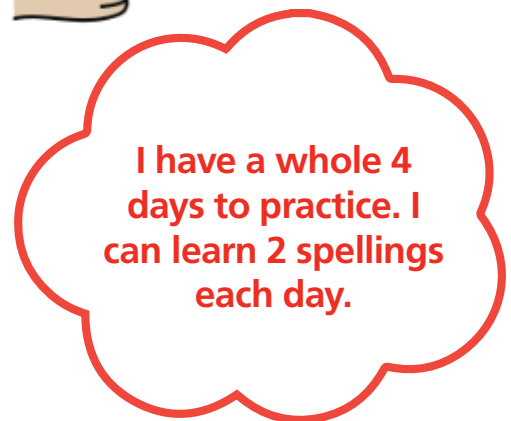
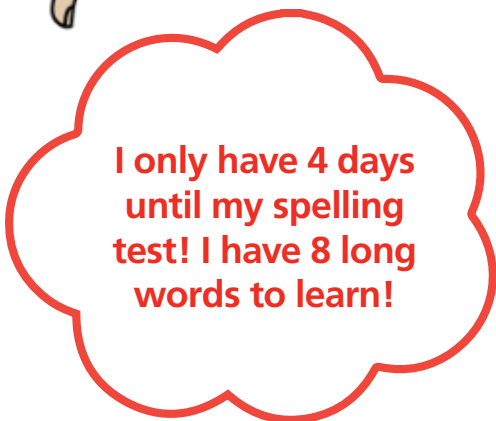
Have a go at writing down your unhelpful thought and then think how you can change it to a helpful thought.

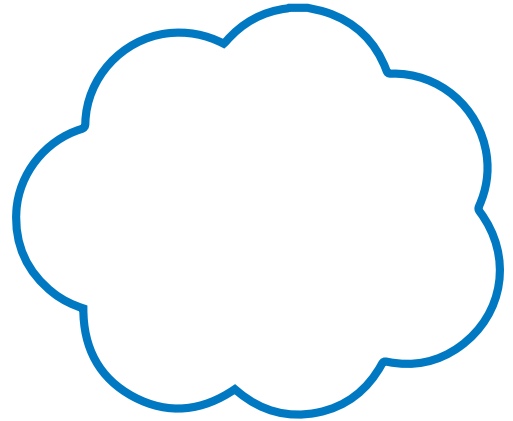
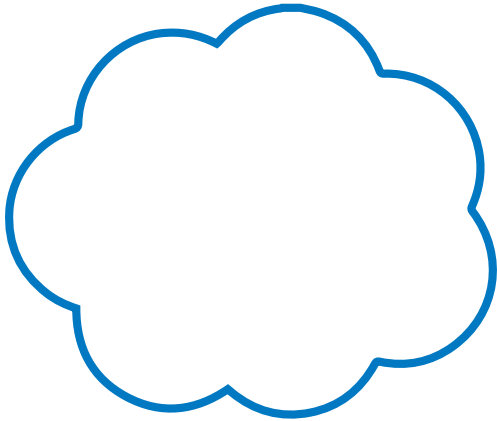
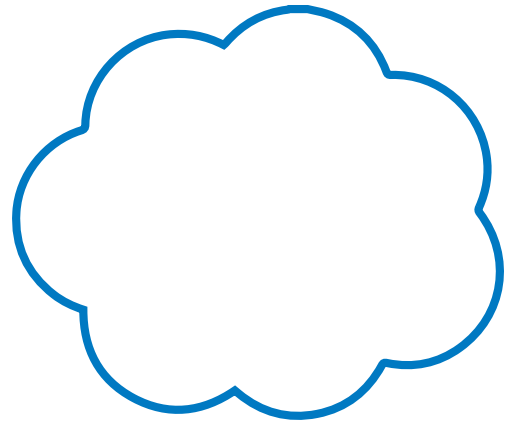
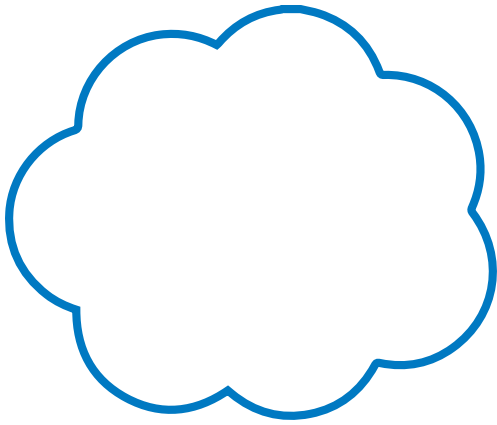


Unhelpful thought



Helpful thought





Take home task: Positive affirmations

- It is really important to remind yourself that you are fantastic.
- Complete the sentence's below using positive "I AM" statements. E.g. I am friendly, I am funny).

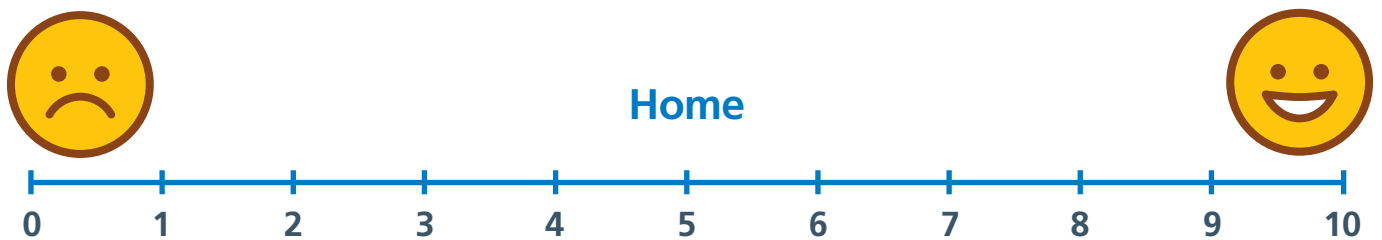
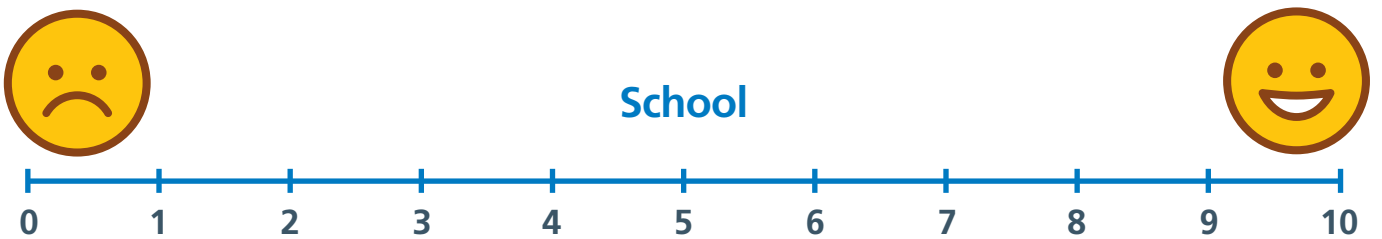
1. I am.....
2. I am.....
3. I am.....
4. I am.....
5. I am.....
6. I am.....



Session Eight: Being kind to yourself

How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



A simple act of kindness can really brighten somebody's day and cheer them up. Being kind to others can have a huge positive impact on making yourself happy. Most people find it easier to say kind things to other people however, people often find it harder to say kind things to themselves.



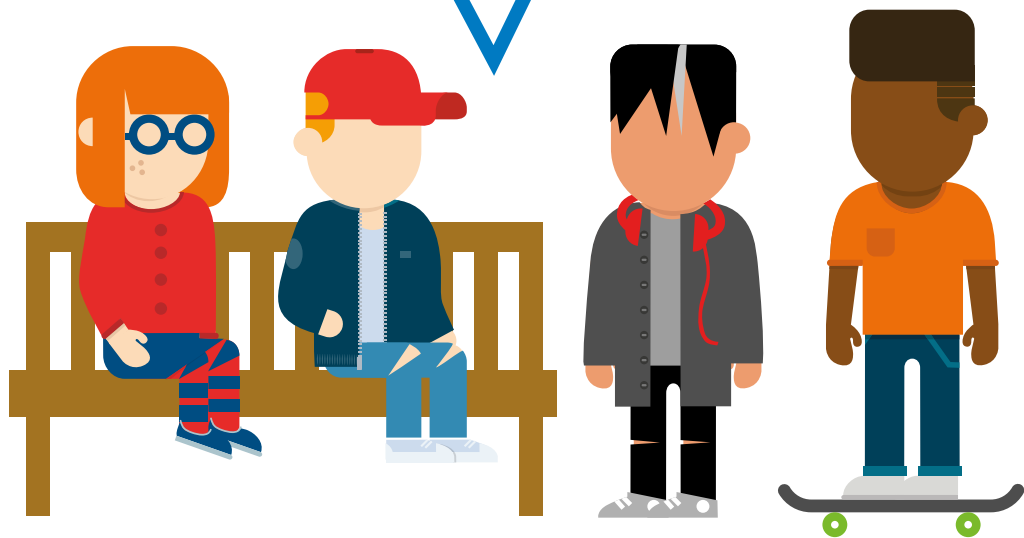
Sometimes when we are experiencing difficult emotions, we can have critical thoughts and say unkind things to ourselves. Critical thoughts are a bit like having a bully on our shoulder telling us horrible things and pointing out all of our mistakes.



Exercise sixteen:

Kiran likes to dance and goes to a dance class every week. Last time she performed in front of her class she tripped up and got upset. Kiran has decided she does not want to take part in the dance schools end of term performance. Kiran tells her friends that she thinks she will trip up again and ruin the show, she says she isn't good enough to perform in front of a big audience and the dance will be better if she is not in it.

Kiran is having 'critical thoughts' about herself. What kind things could Kiran's friends say to her?



Often we can find it easier to say reassuring and kind things to other people, however it can be harder to say them to ourselves. Using the 'what would I say to a friend' can be a helpful to use when trying to change an unhelpful thought to a more helpful thought.



Exercise seventeen: Kindness role model

Think of someone in your life-either a friend, a family member or even a celebrity that you look up to as being kind and caring.

Who have you chosen as your 'kindness role model' and why?

What would your role model say in this situation?

Next time you feel cross or upset with yourself ask would I, or my kindness role model, speak to a friend in this way? If the answer is no then try not to speak to yourself in that way either. Use some of the examples you wrote above to help you treat yourself as you would treat your friends.



Exercise eighteen: Take off the gloomy sunglasses



This is Ron. He has his gloomy glasses on and is feeling sad! Ron's glasses give him gloomy thoughts about himself. Decorate Ron's glasses to make them more colourful, then have a go at changing his gloomy thought to be more positive.

Example: 'I can't do this'	➔	'I want to work at getting better at this'
	➔	
	➔	
	➔	
	➔	



Take home task: Kindness diary

- Write at least one act of kindness for each day in the diary.
- Then think about how it made you feel.

kindness
MATTERS

Write a log of all the acts of kindness you do and how it made you feel:

Act of kindness:

How it made you feel:

Monday

Act of kindness:

How it made you feel:

Tuesday

Act of kindness:

How it made you feel:

Wednesday

Act of kindness:

How it made you feel:

Thursday



Useful words:



proud



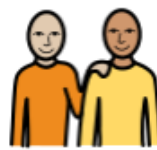
happy



excited



loving



friendly



grateful

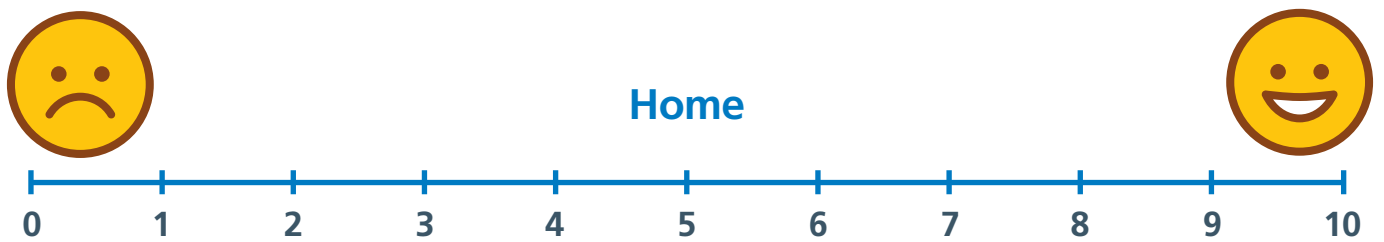
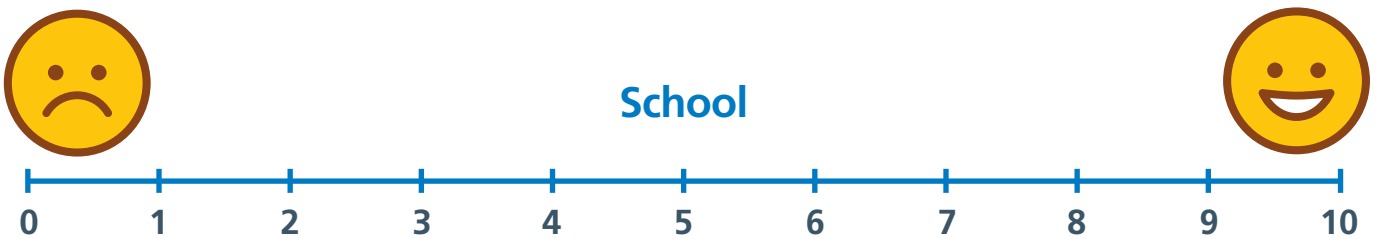


content

Session Nine: Bringing it all together

How am I feeling today?

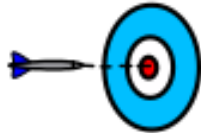
Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships, and home.



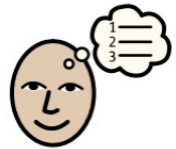
Well done! You have worked hard to understand your feelings better and have lots of new ideas for ways to manage them differently.

It is really helpful to remember what you want to achieve. Complete the plan below and remember to keep practicing your strategies. You can look back through your workbook to remind yourself of them if you need to. Keep the ones that work and change the ones that don't. Keep going, you're doing great!

My goals:



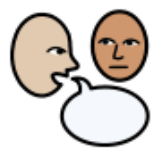
Helpful strategies:



People/activities I enjoy:



I can talk to:



Notes and questions page

