

Our Feelings



You will need:

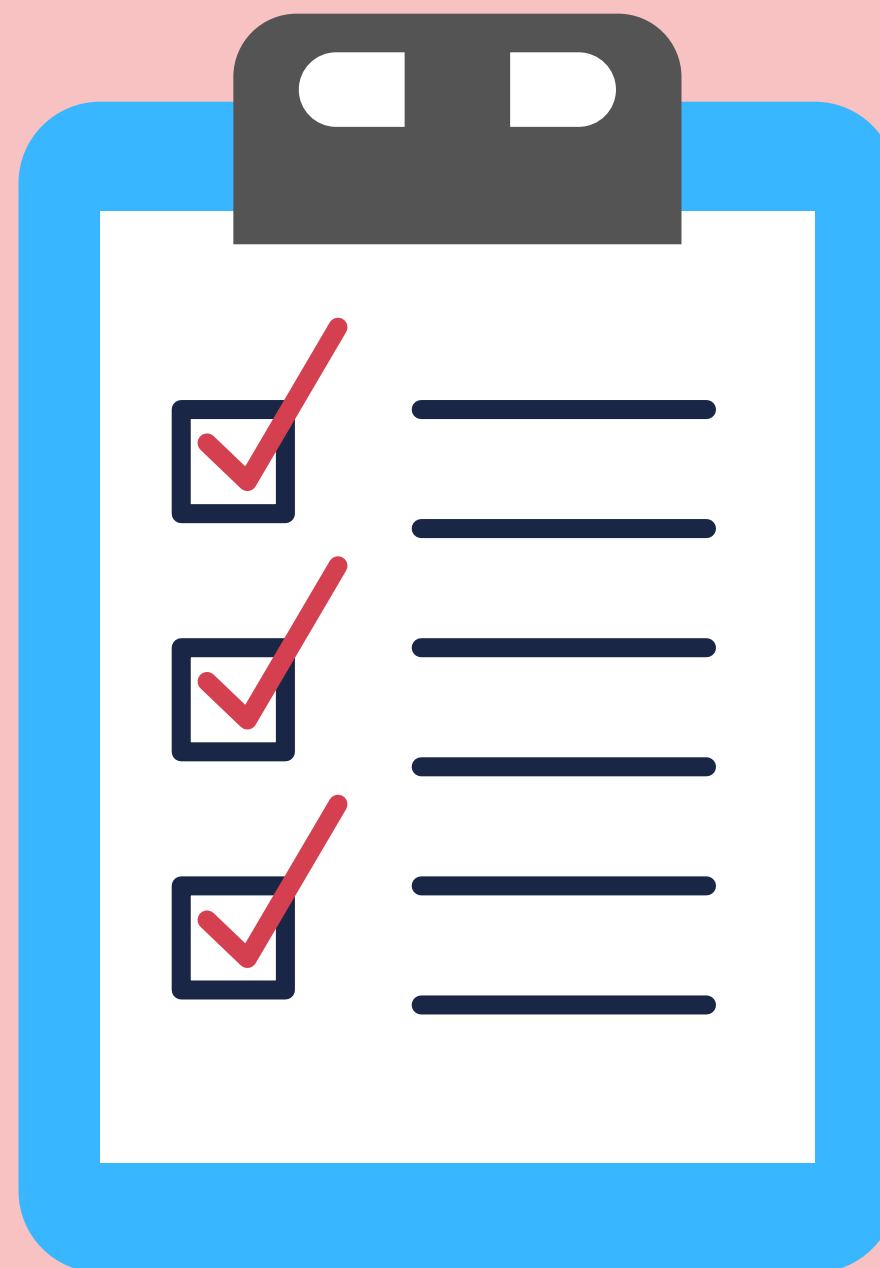
-paper

-a pencil

-brainpower



Write a list of feelings!



Here is my list:

Happy

Excited

Worried

Embarrassed

Jealous



Choose a feeling from your list. Draw how you would look if you felt like that.



Here is mine:

Embarrassed



What might make you feel that way? Write it down.



Here is mine:

Embarrassed



If I get toilet roll stuck on my shoe

Make sure you show an adult what you have done!

Well done!





WORRIED? NEED TO TALK?

Call Childline on
0800 1111



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

It's free, you don't have to tell
us your name – and we're
here to talk all day and night,
whatever your worry.

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