

# Express How You Are Feeling

Take some time to **think about your feelings**. You might like to take a few minutes, close your eyes and relax.

Please complete the **feelings sheets** below and then spend some time asking other people about their answers. Please remember to be **respectful** when you ask them about their answers. If people choose not to share some of their ideas, please be **respectful** and **understanding**.

I feel happy when...

The last time I was disappointed was when...

I can get angry when...

**When I'm angry, to feel calmer I can...**

**I feel excited about...**

**I can tell people are feeling upset because...**

**When I feel worried, I can...**

**My mind and body react when I am thrilled by...**

**When I have uncomfortable feelings, I talk to...**