

I'm feeling...

 Calm	 Happy	 Silly	 Relaxed
 Nervous	 Annoyed	 Sad	 Shy
 Surprised	 Hungry	 Angry	 Confused
 Sleepy	 Sick	 Hurt	 Hot

This resource is good for professionals to explore feelings with the children and young people so that they learn to “check in” on how they are feeling and learn to share why they might be having those feelings. Professionals can also encourage parents to have this resource in their fridge at home, so that parents and children and young people start sharing how they feel and why, which helps to open up healthy communication and good listening skills.