



Derby City Council

My Life, My Journey

My Mixed Emotions

Name

Age

Today's Date

How are you feeling today?

Use Helpsheets 1 and 2 and cut out what you would like to use



Helpsheet 1



Excited



Happy



Worried



Scared



Shocked



Sad



Safe



Unsafe



Very Sad

Helpsheet 2



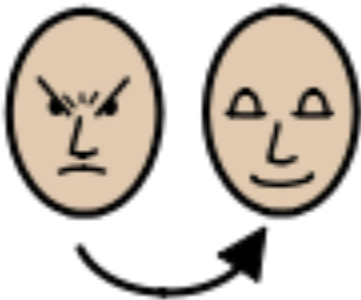
Miss



Angry



Calm



Relieved



Sick



Unwell



Confused



Hungry



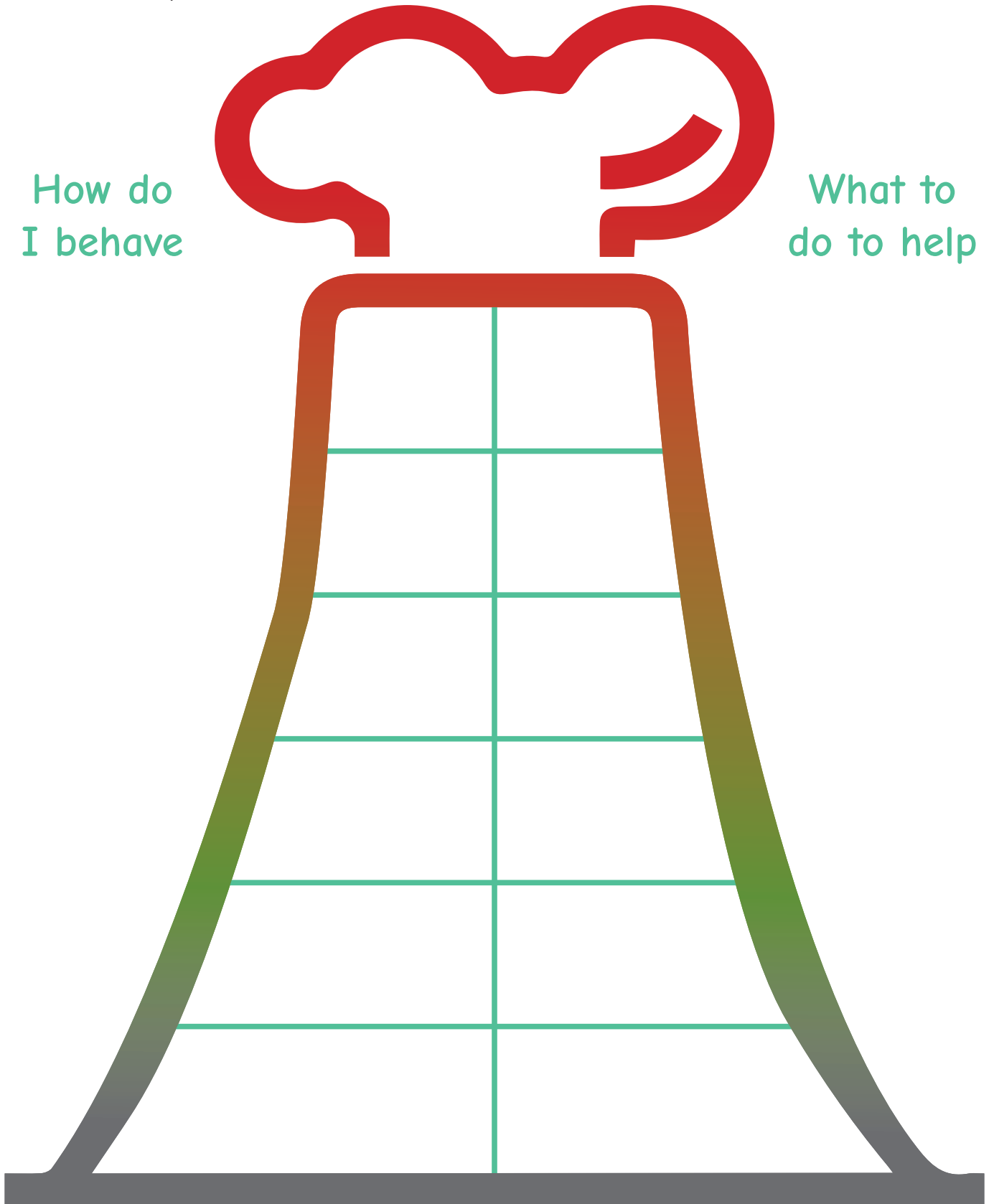
Tired

How do I behave?

Use Helpsheets 3 to cut out the walkers, and place them where you want, and Helpsheets 4-6 and cut out what you would like to use

How do
I behave

What to
do to help



Helpsheet 3



Helpsheet 4



Being silly



Angry



Fearful



Envious/jealous



Calling names



Shouting



Pinching



Hitting

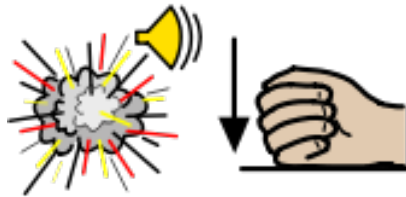


Kicking

Helpsheet 5



Throwing



Slamming



Quiet



Invisible



Sad



Tearful



Anxious



Stressed



Guilty

Helpsheet 6



Confused



Lonely



Unsure

What to do to help

Use Helpsheets 7 and 8 and cut out what you would like to use



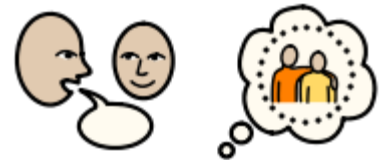
Helpsheet 7



Take some time out



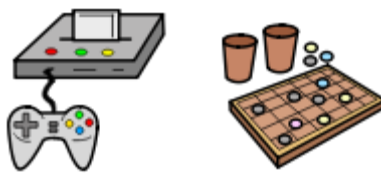
Talk to someone
I can trust



Speak to a friend



Exercise



Play games



Listen to music



Reading



Breathe



Mindfulness

Helpsheet 8



Do something
nice for myself



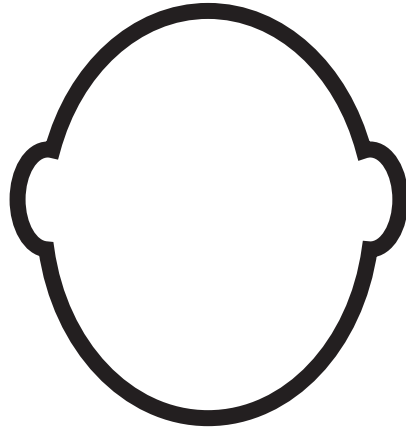
Help to understand



Ask for help

Anger Map

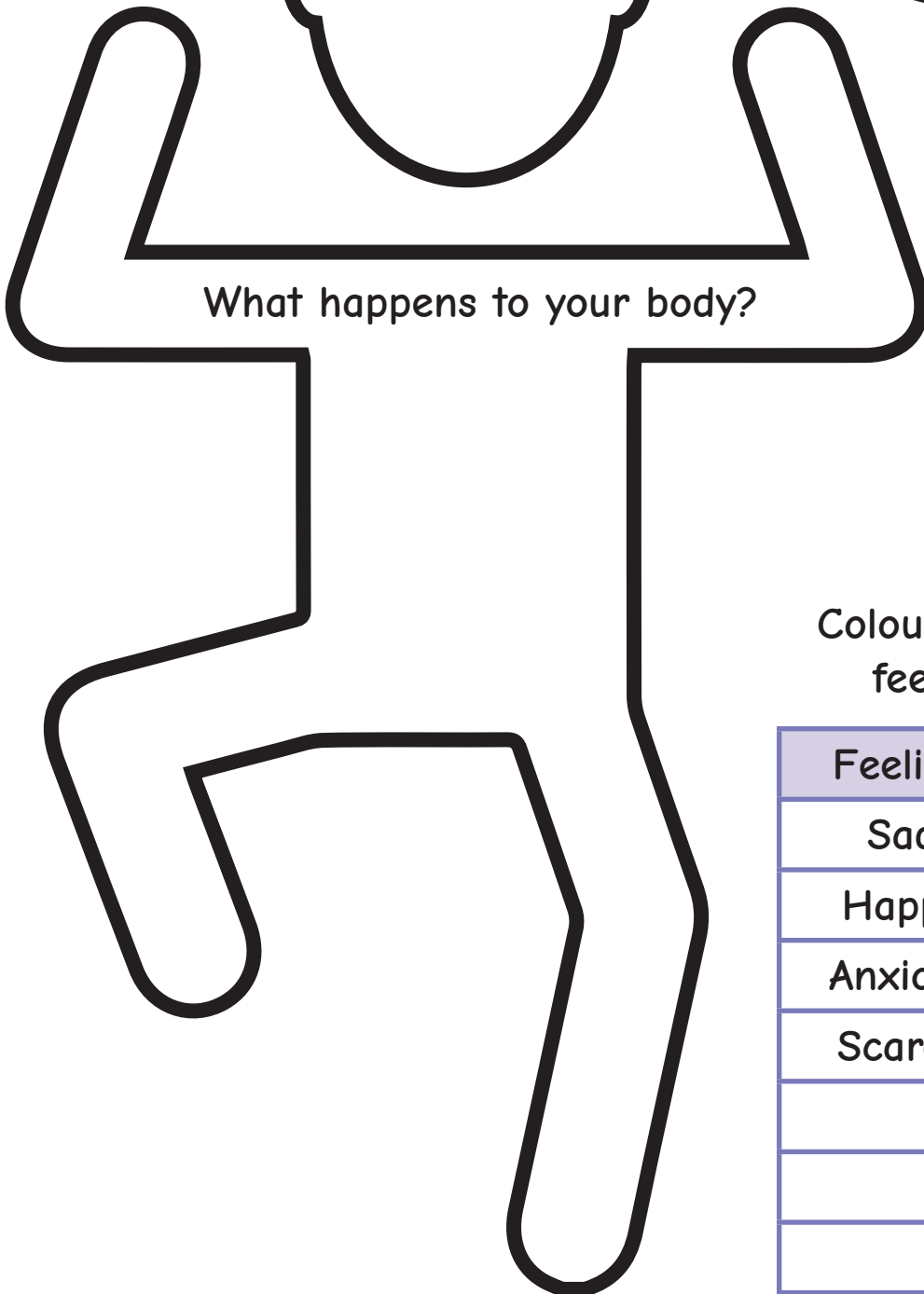
What kind of face do you have when you're angry?



What things do you say?



What happens to your body?



Colour the places you feel the feelings

Feeling	Colour
Sad	
Happy	
Anxious	
Scared	

Anger Map

Helpsheet 9



Headache



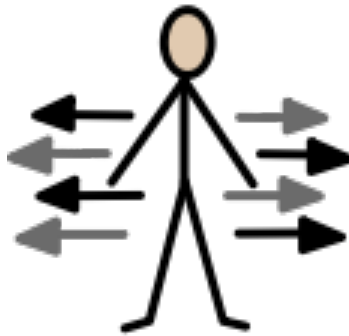
Horrible words



Tense Shoulders



Exhausted



Shake



Shout



Frown



Cry



Hit

Anger Map

Helpsheet 10



Kick



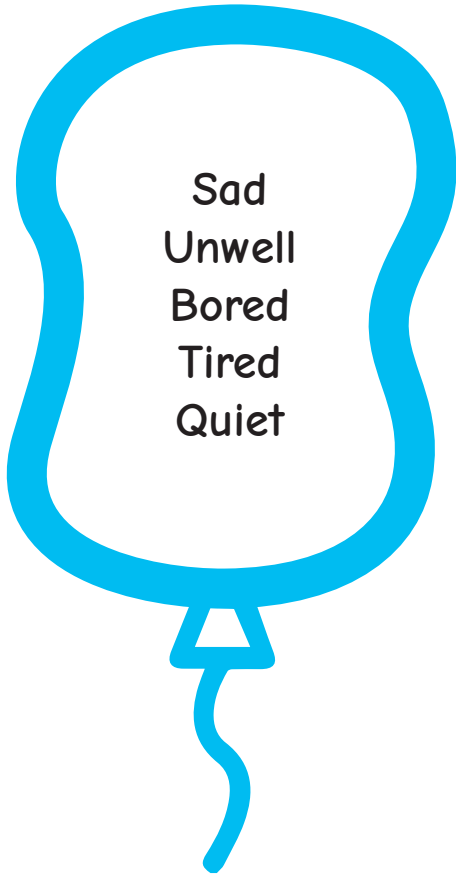
Runaway



Stomach ache

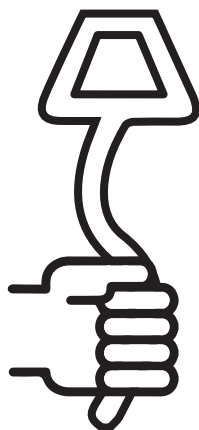
How I feel

Use Helpsheets 11 and 12 and cut out what you would like to use



How I feel

Draw your own balloon and choose any words from the balloons above or write your own words about how you feel?



Helpsheet 11



Sad



Safe



Worried



Angry



Unwell



Happy



Anxious



Unsafe



Bored

Helpsheet 12



Calm



Silly



Scared



Quiet



Friendly



Confused



Frustrated



Excited



Unfriendly



Need more time

