

SUITABLE FOR AGES 5-8

angry sad HAPPY FEELINGS

INSTRUCTIONS

Use the template to explore emotions, thoughts and actions.

- What kind of face do you have when you are angry / sad / happy?
- What kinds of things do you say when you are angry / sad / happy?
- What kinds of things do you think when you are angry / sad / happy?

Then as a class, ask the children the following:

- How do you behave when you are angry / sad / happy?
- When you have calmed down how do you feel about your anger / sadness?
- What helps you when you are angry / sad to feel better?
- How do you think your anger / sadness / happiness makes your friends feel?
- How do you feel when others are angry / sad / happy?



sad

angry

happy

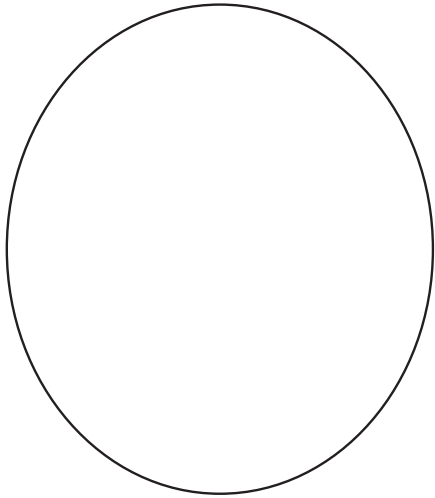
sad

happy

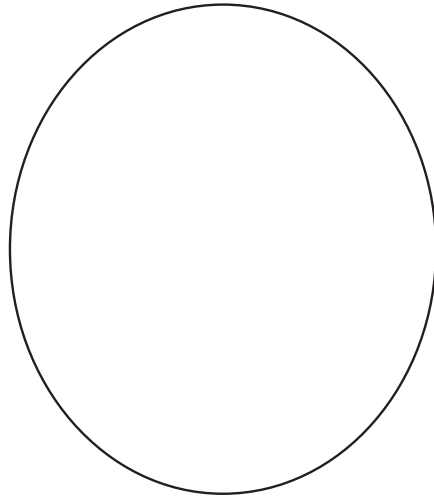


Education Template

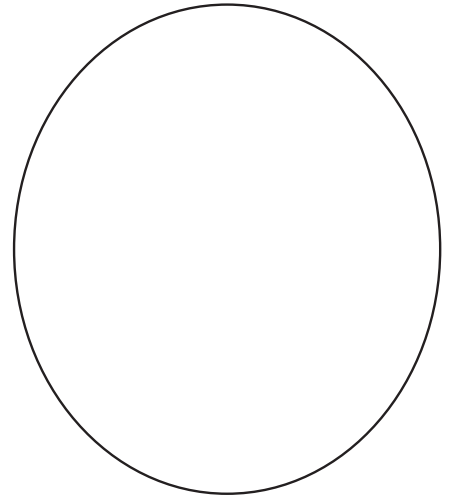
ANGRY, SAD, HAPPY FEELINGS



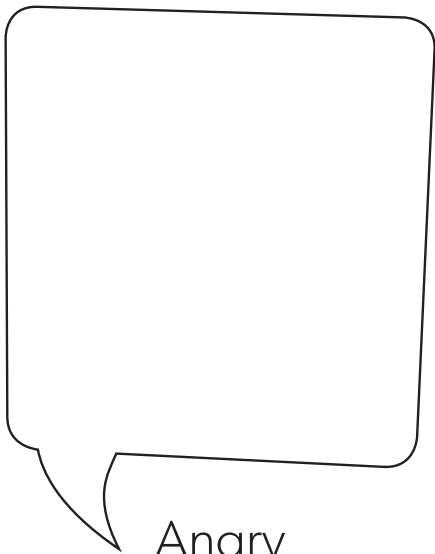
Angry



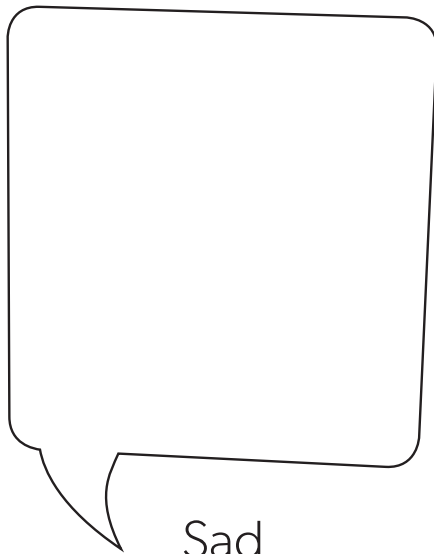
Sad



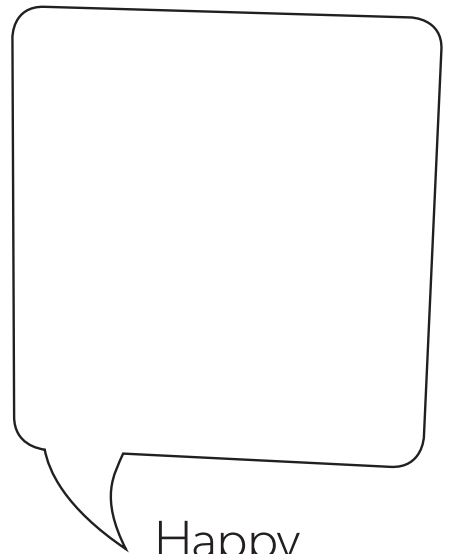
Happy



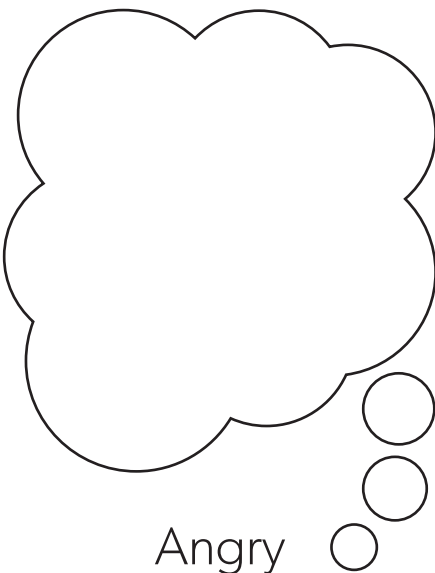
Angry



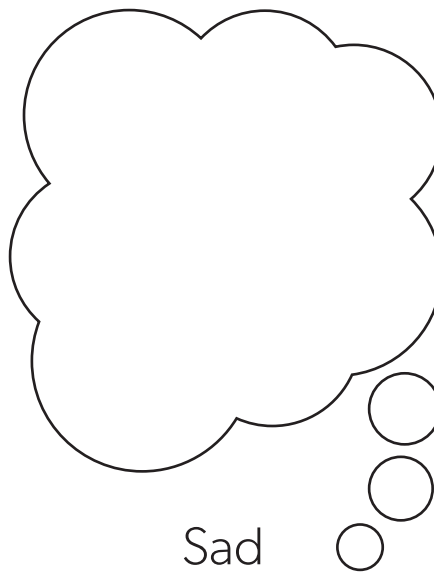
Sad



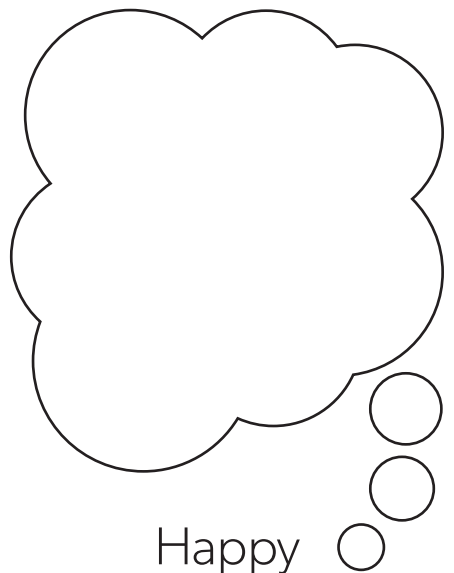
Happy



Angry



Sad



Happy