

# Who am I ?



I am happiest when

.....  
.....  
.....



My favourite TV  
programme/film

is.....  
.....  
.....



My favourite song is

.....  
.....  
.....



I worry about

.....  
.....  
.....



My favourite meal is

.....  
.....  
.....



My favourite place is

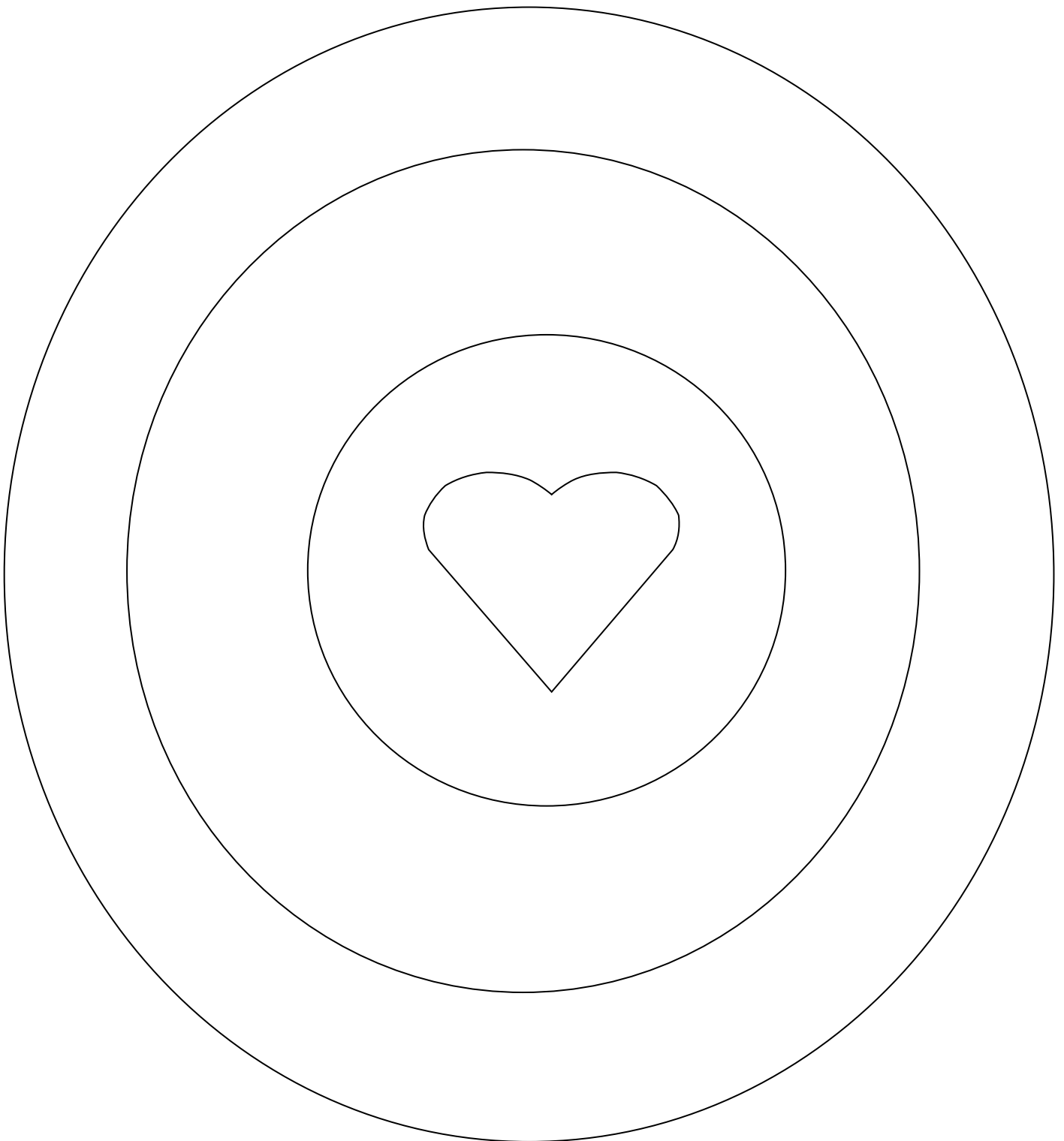
.....  
.....  
.....



My goal is .....

# *Heart Strings*

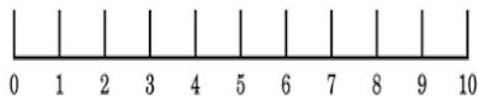
Put your name in the centre of the heart. Write down people who are the most important to you in the circle closest to your heart. Then other people who are not quite so close go in the next circle, and so on. Discuss why you have put the person in this circle. It is ok to be honest about your feelings. Now put a \* next to those people who you can talk to. Every week look at your heart string model and see if anyone has moved in or out of the circle and discuss the reason why.



# *How am I feeling today?*

Rate how you are feeling today on the different scales. 1= not at all 10= very much so

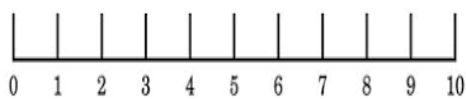
Happy



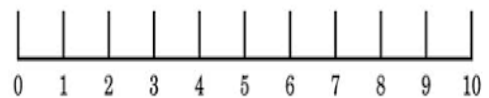
Sad



Excited



Frustrated



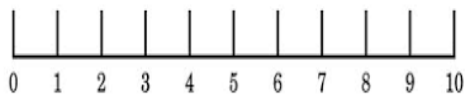
Angry



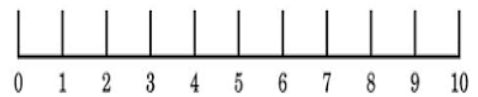
Confused



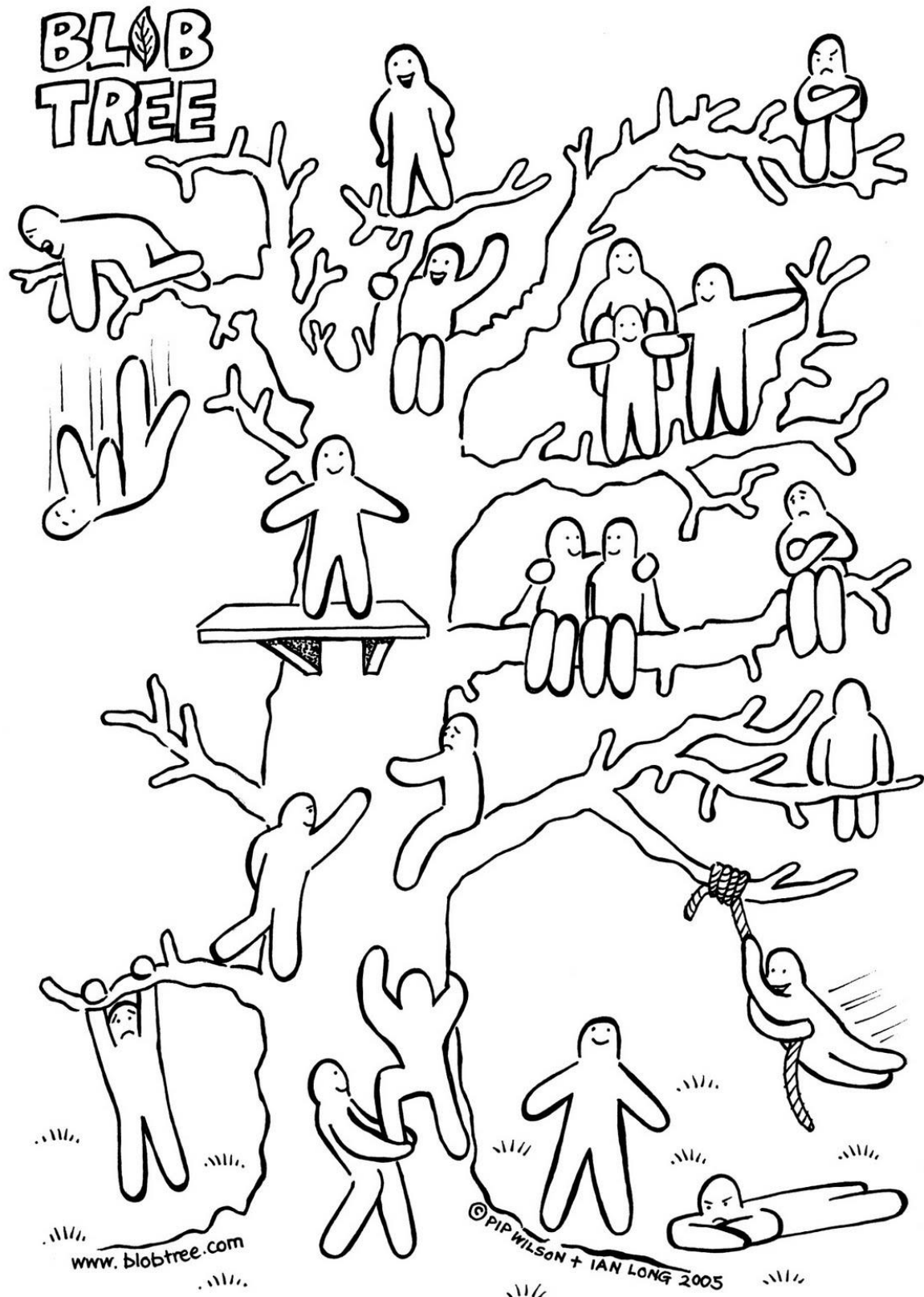
Worried



Calm



***Which jelly baby are  
you today?***



*How many feelings  
can you name?*



# Match the facial expression to the feeling...

Match the facial expression with the correct feeling.

	Calm	Unwell	
	Sad	Angry	
	Worried	Frustrated	
	Happy	In love	
	Excited	Embarrassed	

# *What makes me....*

Happy 			
Sad 			
Excited 			
Frustrated 			
Calm 			
Worried 			



# *Exploring feelings*

## *Worry*

