

scared

proud

worried

confused

We study

EMOTIONS!



Angry

Colour in the strategies you would use to manage anger.

When I feel angry, I can feel better by...



slow breathing



counting to ten



having some quiet time on my own



going outside



colouring in



playing with my favourite toy



Play videogames with my friends!

Add a strategy of your own.



Anger



Scared

Colour in the strategies you would use to manage fear.

When I feel scared, I can feel better by...



talking to someone I trust



drawing a picture of what I am scared of



getting an air cuddle



taking deep breaths



thinking about something else



staying close to someone from home



Add a strategy of your own.

Fear



Sad

Colour in the strategies you would use to manage sadness.

When I feel sad, I can feel better by...



talking to someone I trust



playing with my favourite toy



getting an air cuddle



drawing a picture



exercising



listening to music



Add a strategy of your own.



Bored

Colour in the strategies you would use to manage boredom.

When I feel bored, I can feel better by...



playing outside



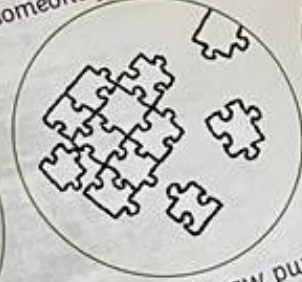
playing a game with someone from home



drawing a picture



reading a book



doing a jigsaw puzzle



building a den








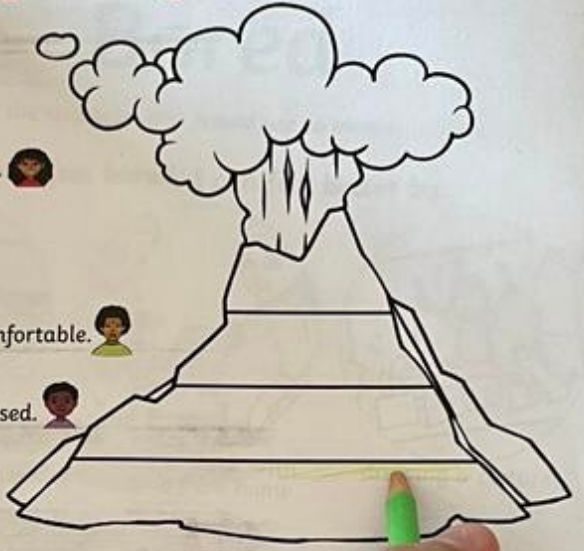
Add a strategy of your own.

Sadness

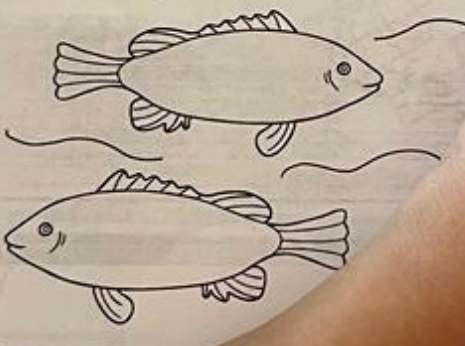
Boredom

My Feelings Volcano

- 5 I'm very angry. 
- 4 I'm cross. 
- 3 I'm quite uncomfortable. 
- 2 I'm a little stressed. 
- 1 I feel calm. 








How can I stay calm?



Think about
Look

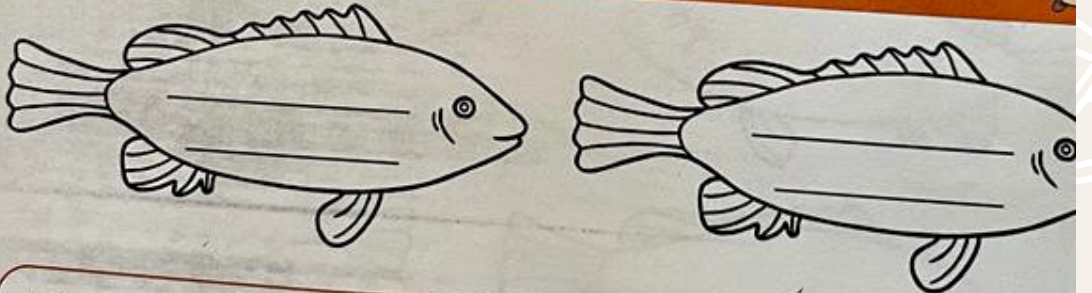


Mi volcán de emociones

- 5 Estoy muy enojado. 
- 4 Estoy enfadado. 
- 3 Estoy bastante incómodo. 
- 2 Estoy un poco estresado. 
- 1 Estoy tranquilo. 





¿Cómo puedo mantenerme tranquilo? RESPIRAR



Piensa en cómo cada etapa podría...

verse 

sentirse 

sonar 



We watch the film to understand emotions and to know that not so positive emotions are also important to live, we just have to know how to manage them.

le o desagradable i perquè? Si és una emoció desagradable, què podem fer per canviar-la
l'altre. Us deixem dos models per escollir el que més t'agrada!

EL DAU

DE LES

EMOCIONS

