





happy

uncomfortable

excited

sad

angry

bored

calm

upset

scared

silly

worried

shy

confused

embarrassed

lonely

ashamed

confident

grumpy

comfortable

nervous

Amir has heard that his best friend might be moving to a new school.

- His tummy aches
- He keeps crying
- He wants to be left alone



Feeling:.....

Mia's dad works in another country. Tonight she will get to video call her dad for the first time in ages.

- Her tummy is tingling
- She can't keep still and jumps around a lot
- Her voice is very loud



Feeling:.....

Jade's favourite song is playing on the radio

- She smiles
- Her body is relaxed and calm
- She laughs at her little brother's dancing



Feeling:.....

Ty accidentally call his teacher 'mummy' and some children laugh at him.

- His face goes red
- His body gets hot
- He wants to run away



Feeling:.....

Mo sees an image on her screen that someone she doesn't know sent her.

- Her arms and legs are shaking
- She finds it hard to breath
- She her body goes cold



Feeling:.....



Daisy's not allowed to go to the party because she didn't tidy her room this week.

- Her body is hot and tense
- She wants to throw something
- She shouts at her sister



Feeling:.....

Carlos has got his best score ever on this week's spelling test. He knows he's getting better and is pleased that he practised.

- He stands up tall
- His body is calm
- He smiles and laughs



Feeling:.....

Maddy's family aren't going on holiday again this year. She heard her friend talking about the holiday that he is going on where there is an ice-cream fountain in the hotel – and it's all you can eat!

- Her tummy is in knots
- She says nasty things to her friend
- She pretends that she doesn't like her friend anymore



Feeling:.....

Leo has started at a new club but he doesn't know anyone there and no one has spoken to him or played with him yet.

- He thinks he might be sick
- He doesn't smile
- He wants to be invisible



Feeling:.....



Do nothing.

Tell someone who cares about them.

Write down what is worrying them.

Tell a friend at school.

Tell a teacher or adult at school.