



You will learn .....

- To know the names of a range of feelings and the strength of the feeling.
- To know who to ask for help when they need it.
- To know they can change how they feel.
- To know what it feels like to be relaxed.
- To know how and when to be assertive.
- To know how to solve a problem.

Vocabulary	
Emotions	A strong feeling
Comfortable Feeling	A pleasant, nice feeling
Uncomfortable Feeling	A feeling you do not like
Impulsive	Doing something without thinking
Trusted Adult	An adult that you can share a problem with
Calm	Not showing any nervousness or strong emotion
Relaxation	Feeling calm and peaceful

## Feelings

How to you feel at different times of the day and on different days of the week



## Uncomfortable Feelings

Uncomfortable feelings make you feel sad and angry. What make you feel sad or angry?



## Comfortable Feelings

Some feelings are comfortable feelings. They make you feel happy. What do you do that makes you feel like this?



## Assertive

You can tell someone you are not happy with what they have said or done by being assertive. You need to do this calmly!

