



# EMOTIONS

**You will need Paper, stationary or a computer.**

Make a wheel of emotions to include happiness, love, excitement, sadness, anger and fear. Select a colour that best matches each emotion

**Make it harder**

Think of other emotion that are linked to those above?

Discuss or think about when you have felt each of these emotions and how you might behave when feeling each one.

Create a diary to track your emotions throughout the week.

Reflect on how you have felt over the last week. Identify times when you have been positive and negative and think of ways you can improve your mindset when feeling negative.

**Make it easier**

Draw an emoji or picture for following emotions: happy, sad, excited and scared.

