

Feelings and Emotions

It is important not to be ashamed of having feelings.
Everyone has them, good and bad.

Here are some faces that show different feelings.
Write what emotions you think each face represents.



Look at the words that you chose. Are they positive or negative?

If you are positive and are a friendly and happy person then you will attract other positive people. If you are really negative, feel sad, angry and want to hurt people then you might attract other people who are sad and angry or you may even find yourself alone.

What counts is what we do about our feelings - we can learn to show our feelings in ways that are helpful to us and to others, not ways that are hurtful.