Resource Sheet to accompany 'Managing our Emotions'

₩SCHOLASTIC

Websites

Stories - https://www.booksfortopics.com/

Film - Inside Out (U)

https://parents.actionforchildren.org.uk/feelings-behaviour

https://www.healthforkids.co.uk/

https://kidshelpline.com.au/parents

5 Steps to Managing Big Emotions Use my words to say how I feel and what I wish would happen. Take 3 deep breaths or count slowly Ask for help to solve the to 10. problem. Remind myself that it is never okay to hurt others Take time to calm down.

Emotions wheel

Find new words to express your emotions.

