

**FEELINGS  
AND  
Behaviours**



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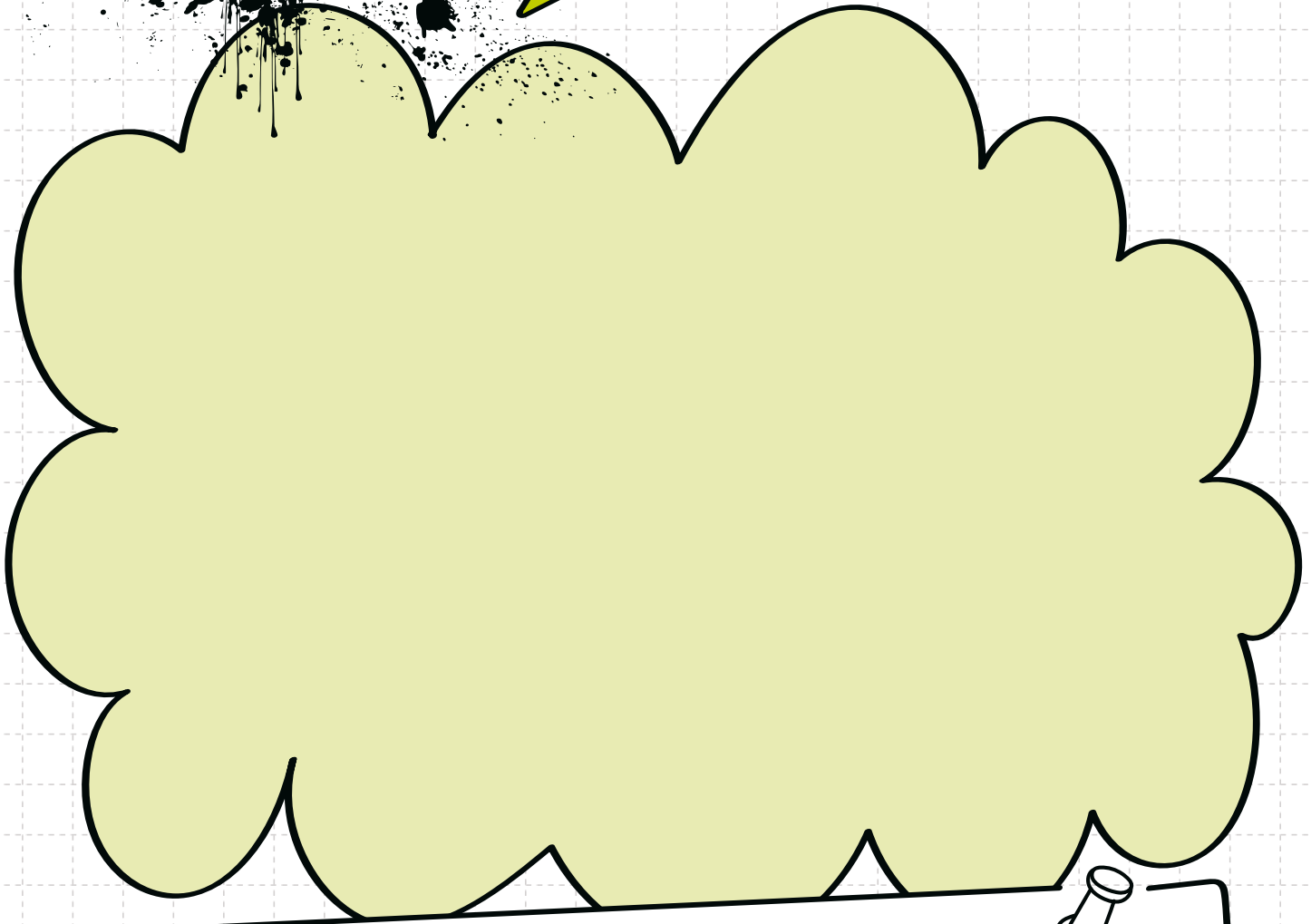
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# What are Feelings?

What feelings do we have?  
Can you draw or write them down?



ARE ALL OF THESE FEELINGS OK?





## **What are Feelings?**

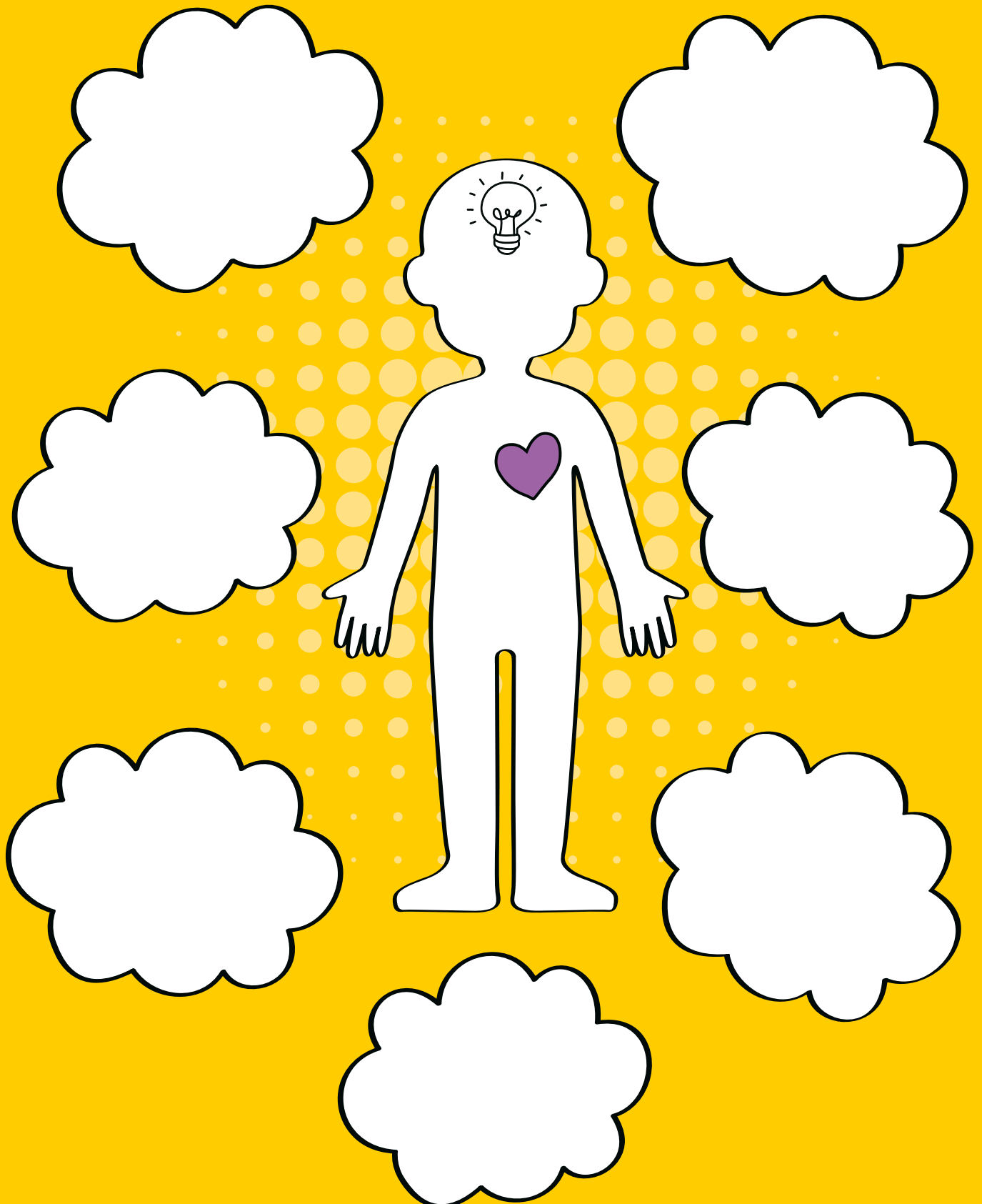
**Talk about what the word  
feelings means.**

**Children can draw or write  
their answers.**

**Talk about how all feelings are OK, it's  
what we do with them that counts.**

# How I Feel Inside

WHEN THINGS HAPPEN THAT YOU DON'T LIKE,  
HOW DO YOU FEEL INSIDE?



## How I Feel Inside

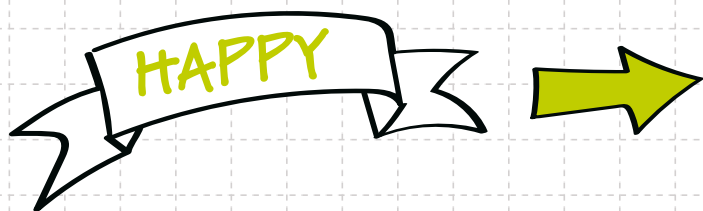
If the child can't think of anything they don't like at the moment, then ask them to think of something that has happened before (they don't have to tell you if they don't want to).

Ask them how they felt inside as a result of that. They can draw or write their answers.

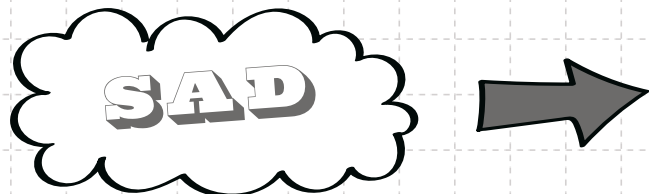
# Our Behaviour

Feelings will often drive our behaviours and how we feel will impact how we act.

Can you draw or write some behaviours from the feelings below?



*e.g. smiling, hugging*





## **Our Behaviour**

**What does the word behaviour mean?**

**What do we mean by 'behaviour is linked with feelings?' Discuss this further.**

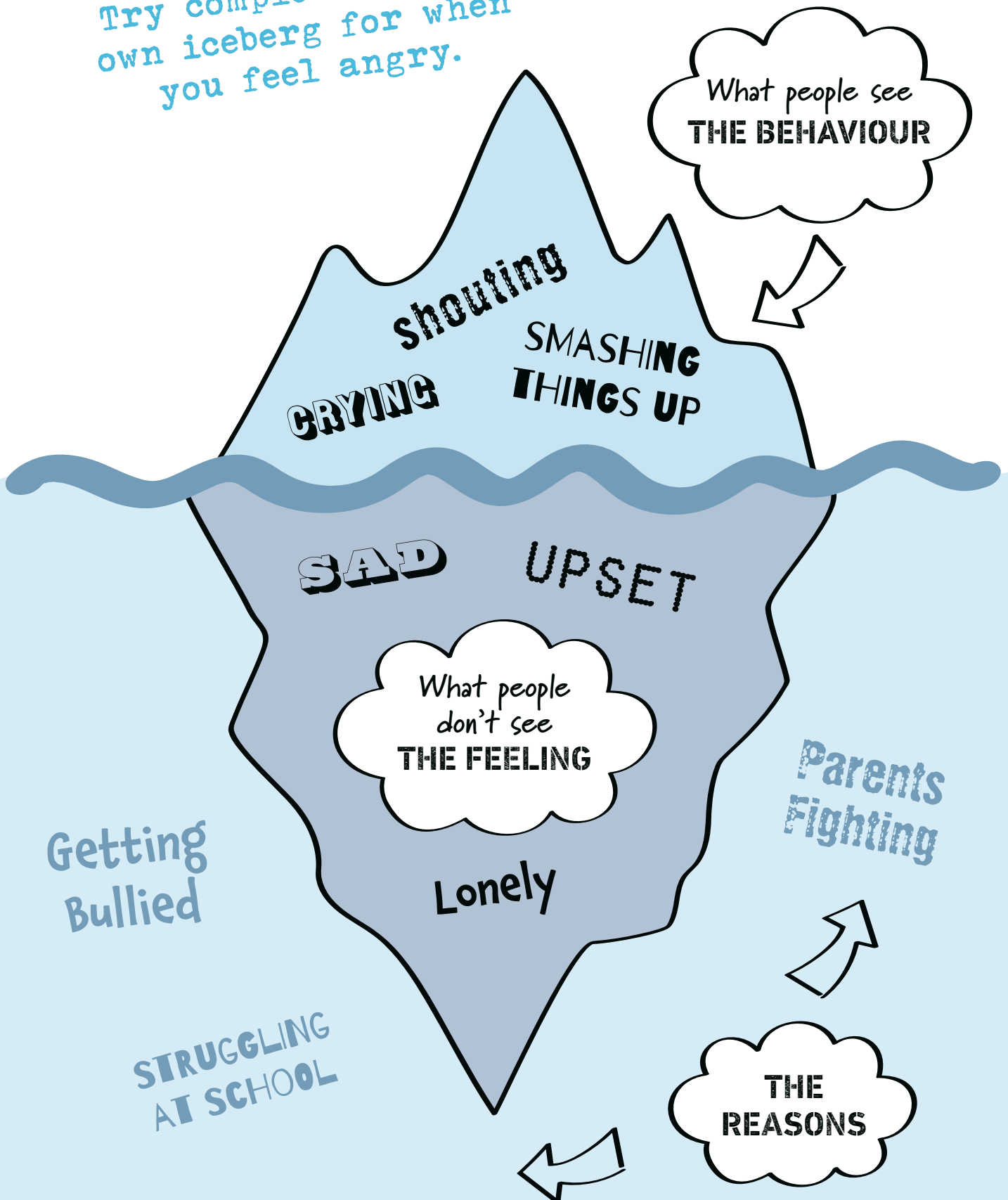
**Can they think of a time where they have acted negatively because of how they have felt?**

**What happened and how did they feel?**



# Behaviour Iceberg

Have a look at this iceberg.  
Try completing your  
own iceberg for when  
you feel angry.



## Behaviour Iceberg

Talk through the iceberg and what each layer means.

Does this resonate with them, do they understand?

If we talk about why we feel a certain way and what has happened with a trusted adult then they will know why we are behaving the way we are, or they can help us to calm down.

The behaviour - what others see, the actions that result from the feeling.

The feeling - what people don't see.

The reason - the reason they feel the way they do, what happened or is happening?

# My Feelings

WHO MAKES YOU FEEL THIS WAY?

HAPPY

ANGRY

SAD

Excited

LOVED

ANNOYED

Silly

SCARED





## **My Feelings**

**Can you list who makes you feel  
this way, it could be family or friends?**

**Can we explore the negative feelings  
and answers a little more, why do  
they make you feel this way?**

# Behaviour Reflections

## REASONS FOR MY BEHAVIOUR

## CONSEQUENCES OF MY BEHAVIOUR

*How I feel*

*How has this affected others*

*Other consequences*

*I feel scared when* .....

*I feel angry when* .....

*I feel annoyed when* .....

*What can I do when I feel this way?* .....

.....

.....

.....

.....



## **Behaviour Reflections**

**Can they list reasons for their behaviour,  
why are they acting up, what happened  
or is happening?**

**Encourage reflection.**

**How do they feel?**

**How has their behaviour  
affected others?**

**Any other consequences?**

# Behaviour Plan

Think of a time you got into trouble because of your behaviour, or of something you do often because of how you feel that hurts or affects others.

What will happen if I no longer behave this way?

---

---

How can I try and stop behaving like this, what can I change?

---

---

What can other people do to help me change my behaviour?

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---

How will I know that I'm making progress?

---

---

What should I do if I start behaving this way again?

---

---

How will I feel if I don't behave this way anymore?

---

---



## **Behaviour Plan**

**Age appropriate activity  
(amend if needed).**

**What is a behaviour plan?**

**Encourage reflection.**

**Children can take this home  
if they want to.**



# My Behaviour and Others



My parents  
or carers

My Friends

Your behaviour has  
an impact on you and the  
people around you!  
Can you write down how  
you think your behaviour  
affects yourself and people  
close to you?

Myself

My siblings  
or my teachers

## **My Behaviours and Others**

**What does the word behaviour mean?**

**Is there anyone on the list that they  
would like to include who isn't on there?**

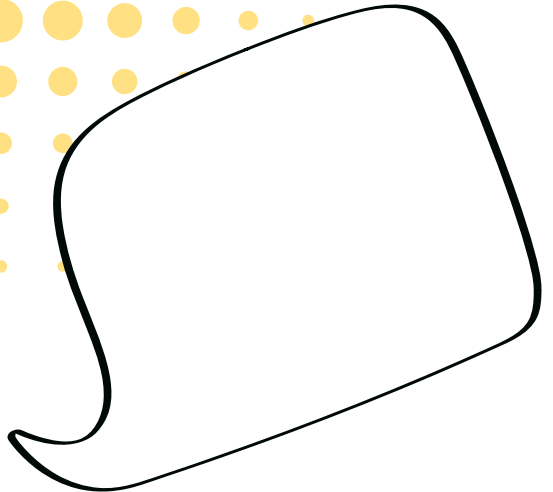
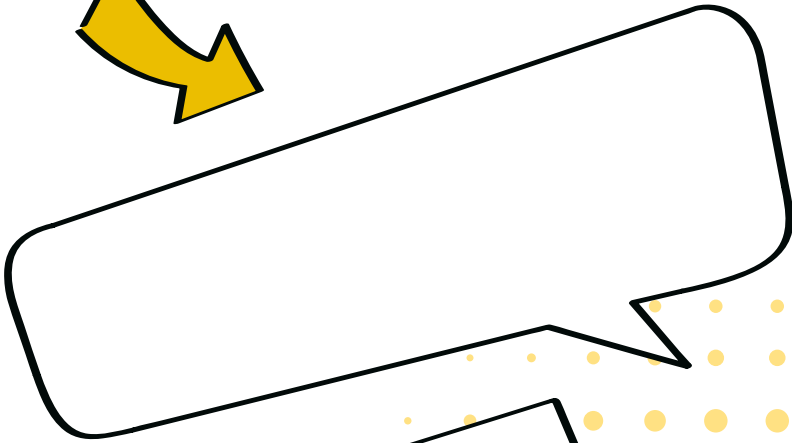
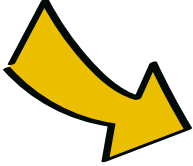
**After the activity, get the child to  
reflect on what they have said.  
How does this make them feel?**

**The child can keep the activity  
if they want to.**

# What Can I Do?

IF I FEEL ..... OR ..... OR ..... OR .....

**THEN THIS IS WHAT I CAN TRY  
TO CALM MYSELF...**



## **What Can I Do?**

**Give options of things that the child  
can try in order to help them to calm down.**

**Are these things practical?**

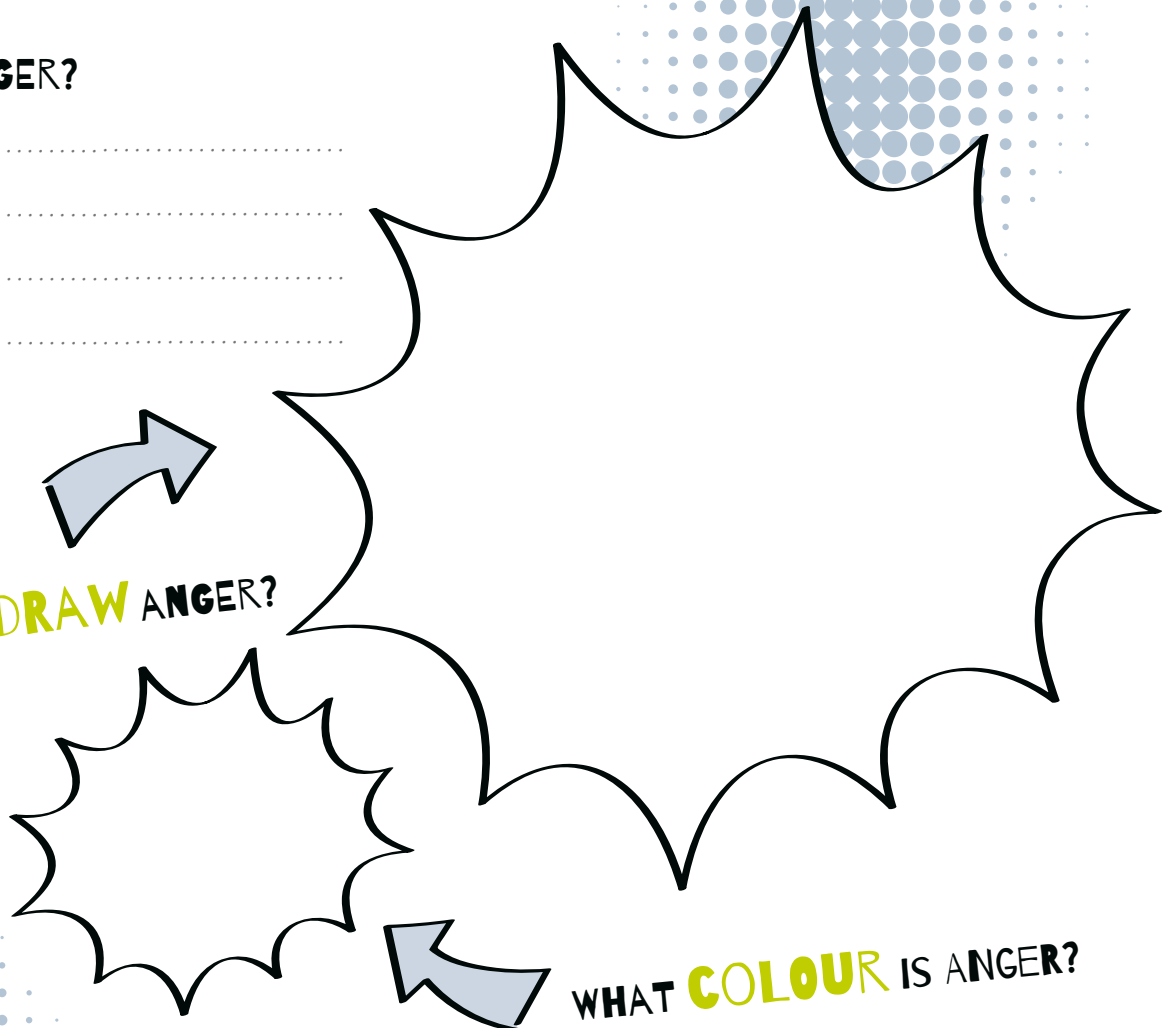
**Can you try them out together now?**

# Anger

WHAT IS ANGER?

.....  
.....  
.....  
.....

CAN YOU **DRAW** ANGER?



WHAT **COLOUR** IS ANGER?

When do you feel angry?

.....  
.....

Is feeling angry OK?

.....  
.....

How do you behave or react when you feel angry?

.....  
.....

What can you try instead?

.....  
.....  
.....



# Anger

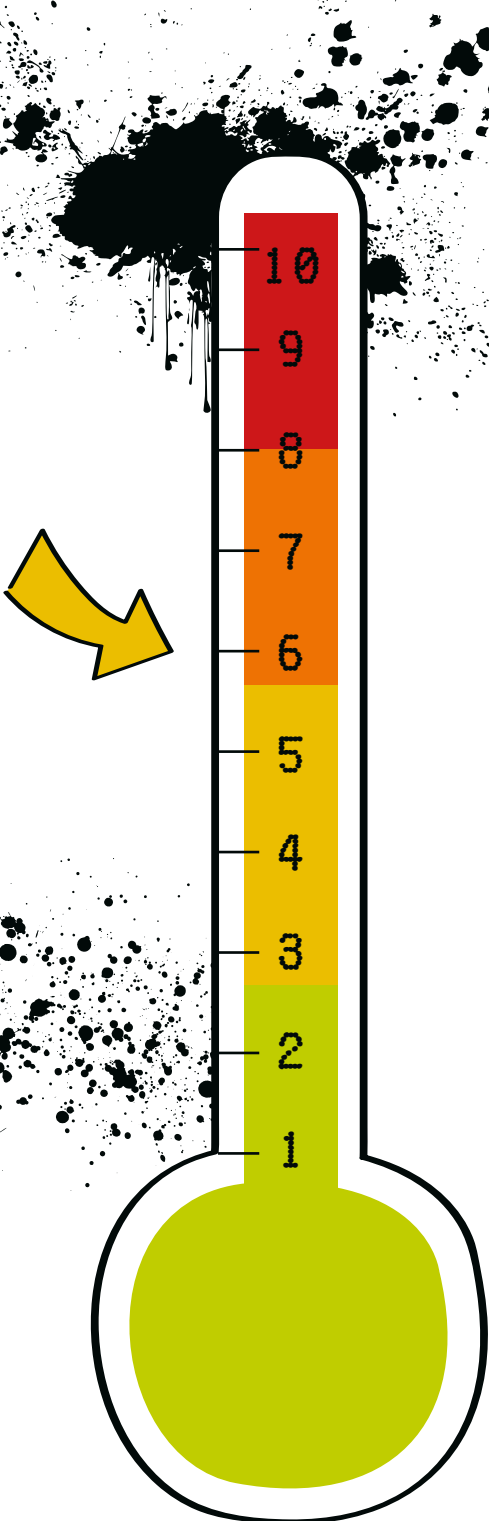
Remember to talk about how anger is a feeling and that is OK. Talk about how we all get angry and give an example of how you've been angry before (car accident, something dropping etc).

Talk about how feeling angry at that time was OK, but then follow up with how you dealt with that anger.

# Anger Thermometer

Can you note  
down what  
makes you feel  
angry?

1 is when you feel OK and  
10 is when you are really angry



1

.....

.....

2

.....

.....

3

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.....

4

.....

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5

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6

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7

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8

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9

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10

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## Anger Thermometer

Talk about the numbers and what they mean (1 being OK and it doesn't affect them that much, to 10 really making them feel angry).

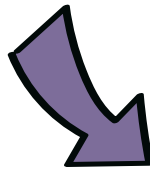
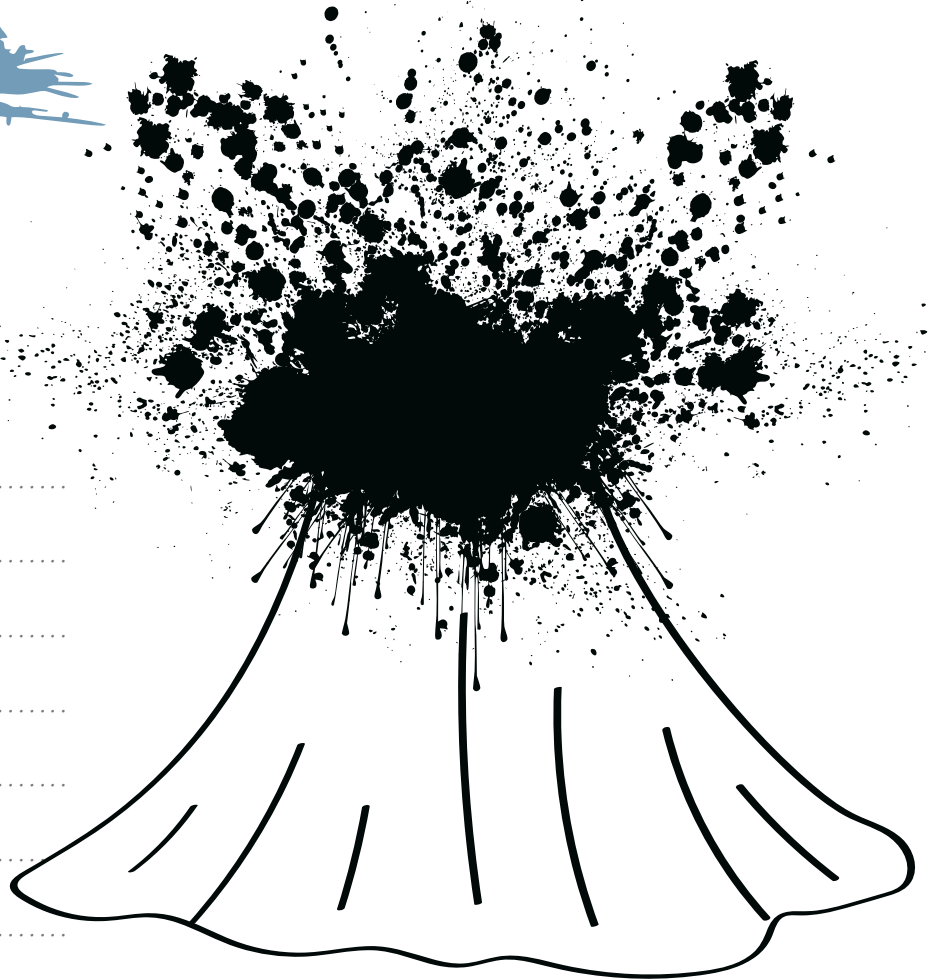


# Anger Volcano

Sometimes we might hold all of our anger in and over time we might explode.

This anger could be something from a long time ago, but still makes you angry.

Do you have an anger volcano?



Let's look at ways in which we can help with what makes you angry

## Anger Volcano

Talk about a volcano, what does it look like and what happens to it?  
One minute the volcano is calm and then it erupts.

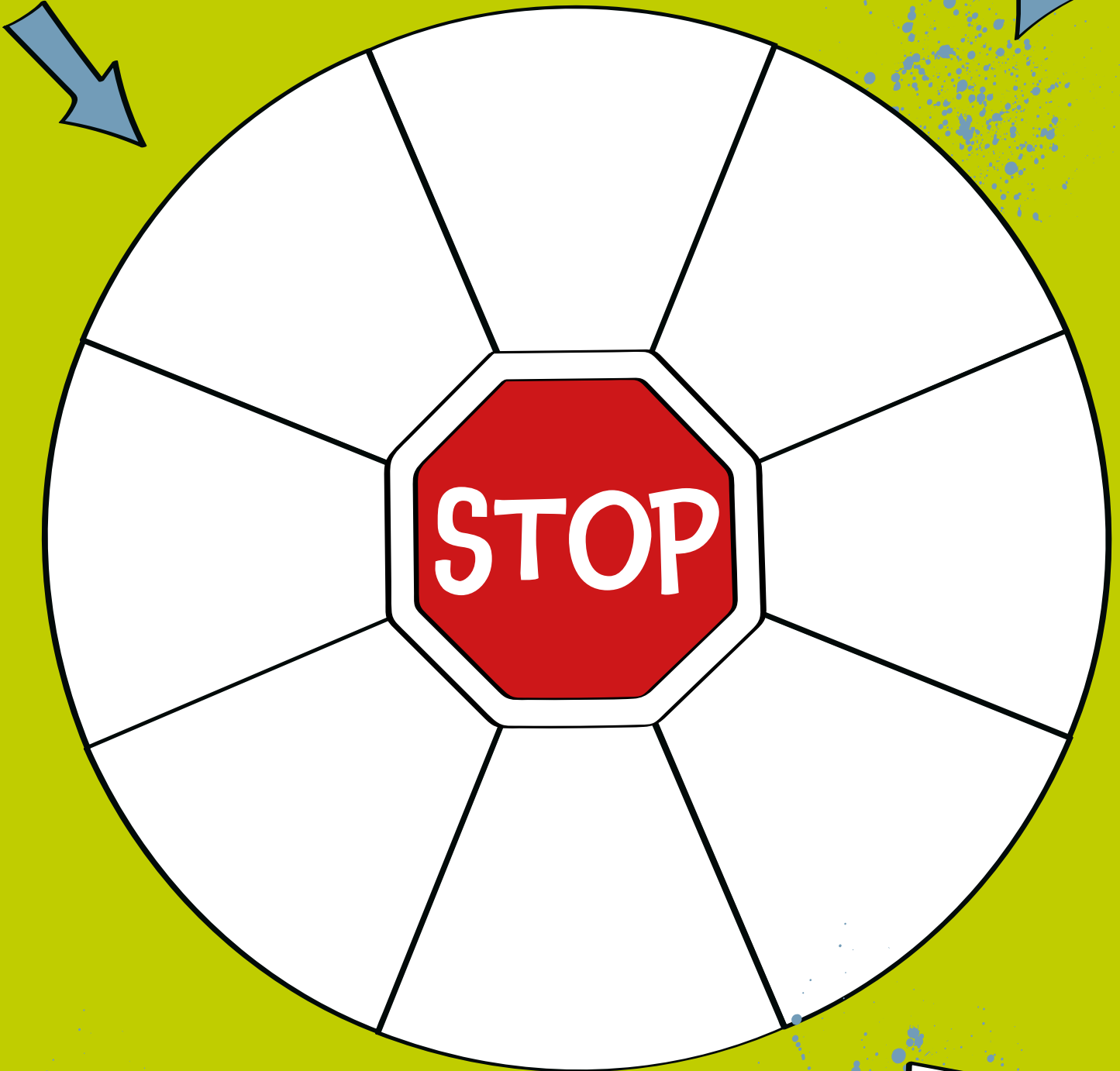
When it erupts, what happens to it, what destruction and devastation does it cause?

Compare the child to a volcano and talk about or get them to think about a time when they have felt so angry (past or present issues) that they have then exploded.

Can you support further with the issue or the anger?

# Anger Warning Signs

What warning signs do you have when you know that you are getting angry or when your volcano is about to explode?



When you experience these warning signs think of things that you can do to calm down and control the anger



# **Anger Warning Signs**

**What is a warning sign?**

**Give examples if the child needs them.**

**Give examples of ways to calm  
down if they need help.**

**The child can keep the activity  
if they want to.**

# The Anger House

THINGS  
THAT I CAN DO TO  
EXPRESS MY FEELINGS

ROOF

People or  
things that help  
you feel calm

HOW LONG  
DOES IT USUALLY  
TAKE FOR YOU TO  
COOL OFF AFTER  
FEELING ANGRY?

WHERE  
DO YOU FEEL  
ANGER IN YOUR  
BODY?

What can you do to manage these feelings in a positive way?

TOP FLOOR

How do you feel about these memories?

SECOND FLOOR

PEOPLE OR  
THINGS THAT  
MAKE YOU ANGRY

What can you do about these memories?

Ways you try  
to hide anger

FIRST FLOOR

Memories of a time you felt angry

BASEMENT



## **The Anger House**

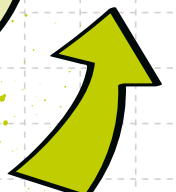
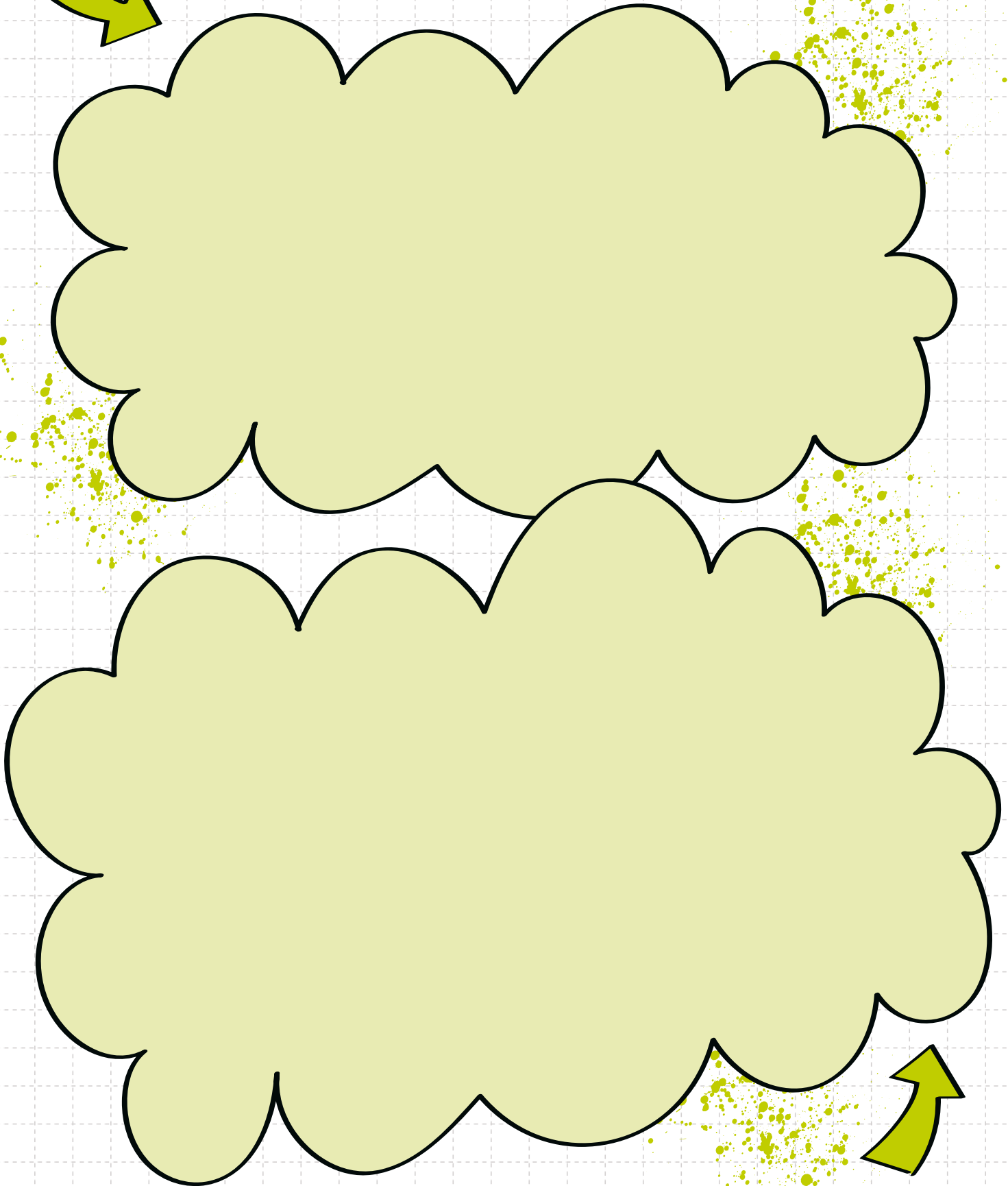
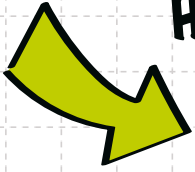
**Go through each section of the house as well as the outside of the house.**

**Can the child answer the questions?**

**Give support if needed.**

# Feelings

How many different types of **FEELINGS**  
can you list or draw?





# Feelings

Children can list or draw.

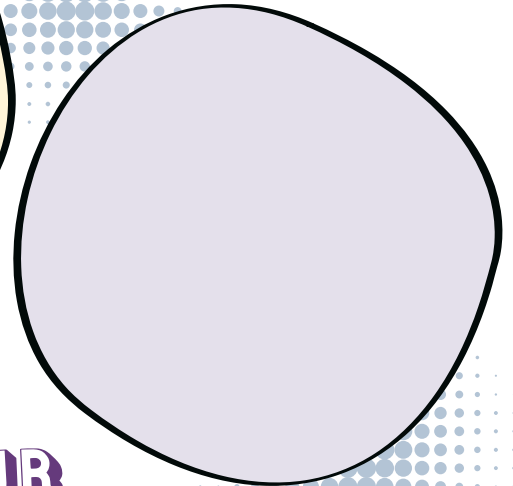
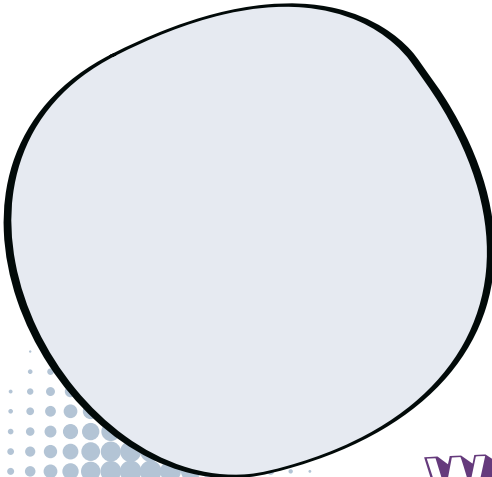
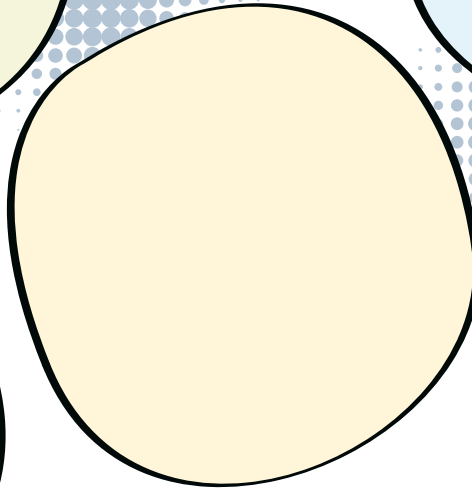
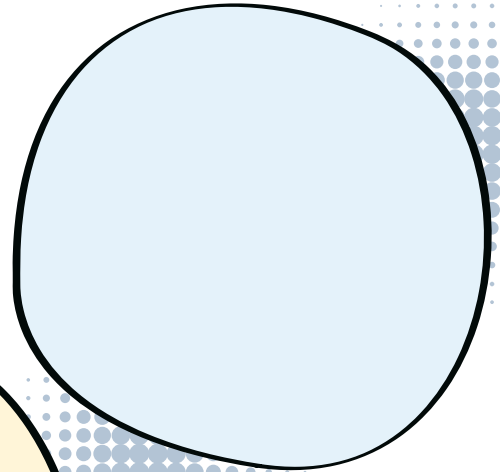
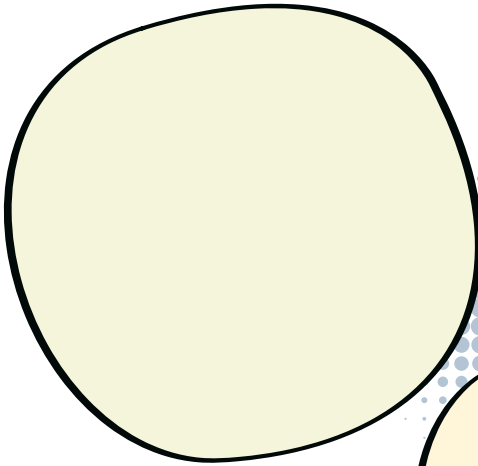
Add to their list if needed.

Give as many different names to  
different feelings as you can.



# All Feelings are OK

In the circles below draw pictures or write down different **DIFFICULT FEELINGS**.  
Talk about how you can deal with each one.



**IT'S WHAT  
WE DO WITH OUR  
FEELINGS THAT COUNTS!**

Never use feelings  
as an excuse to hurt  
others or yourself!  
Use coping skills to  
manage them.

Can you list some  
coping skills here?

.....

.....

.....

.....

.....

.....

.....

## **All Feelings are OK**

**Give examples if the child is stuck.**

**Give examples of coping mechanisms/calming down strategies if they need support.**

**Reiterate the importance of not using their feelings as an excuse to hurt anyone or themselves.**

**Has this ever happened to them before, can they talk about it?**

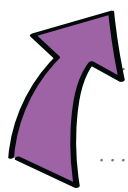
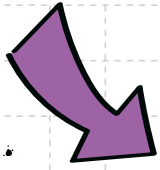
# Worries

**WHAT ARE  
WORRIES?**

**How can WORRIES  
make you feel?**

Sometimes we can take on other people's worries and sometimes we don't even need to worry about them

Sharing our worries can help us sort them out and can help us to feel less stressed



**CAN YOU LIST YOUR WORRIES?**

## Worries

Talk about worries and what they mean.

If the child can't think of any worries, say some of the worries that you might have (child appropriate) worried about – a friend, worried about not having enough time to do something.

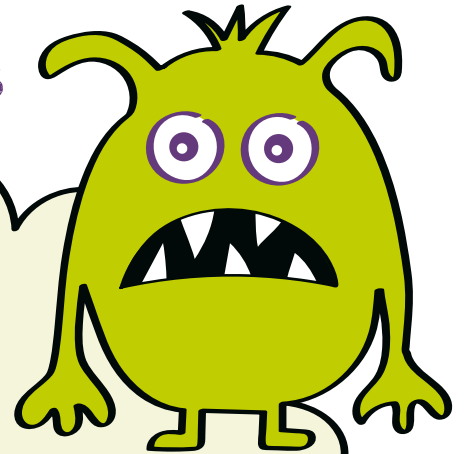
If the child doesn't have worries, then have they worried about anything in the past and how did they overcome it?

Children can draw or list their worries.

If the child doesn't want to share them with you, they don't have to.

# Worry Monster

THINK OF YOUR worries  
AS ANNOYING LITTLE monsters



WHAT WOULD  
YOUR  
worries  
LOOK LIKE?

Now think of ways that you can get rid of these worry monsters

**Trap Them**

**BLOW THEM AWAY**

**STEP ON THEM**

**SQUASH THEM**

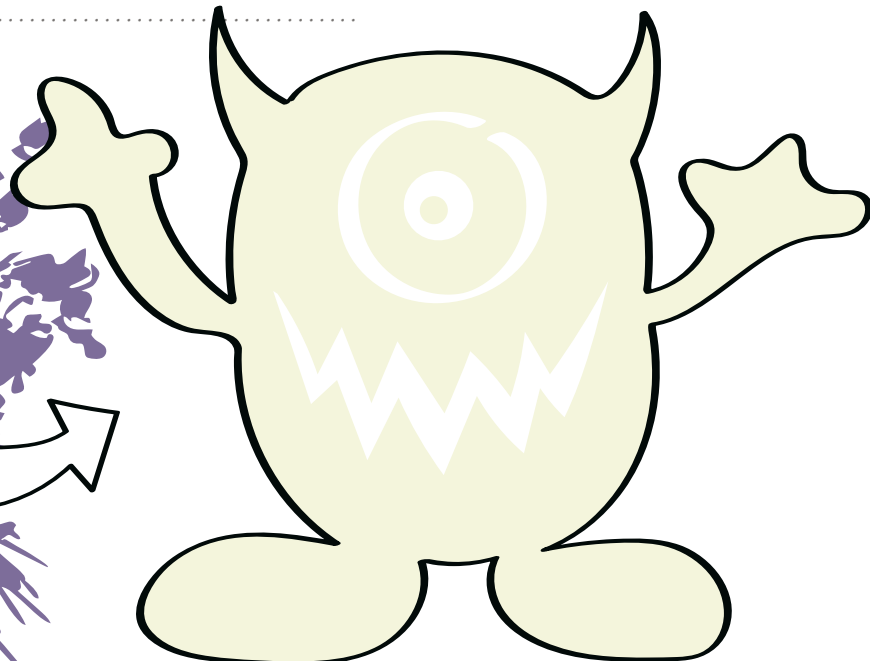
**LOCK THEM  
in a cage**

.....

.....

.....

Can you  
write down some  
worries you have on this  
little monster? Cut around  
it and then get rid of it  
using some of the  
ideas above.



## Worry Monster

Make this activity exciting by talking about these little monsters and how you are the boss of them.

If the child doesn't have worries, then have them worried about anything in the past and how did they overcome it?

If the child wants to draw more worry monsters they can.

# Laughter

**Laughter can help us feel better.**

**Can you list some things, people or words that make you laugh?**

**When you feel sad you can look back at this.**





# Laughter

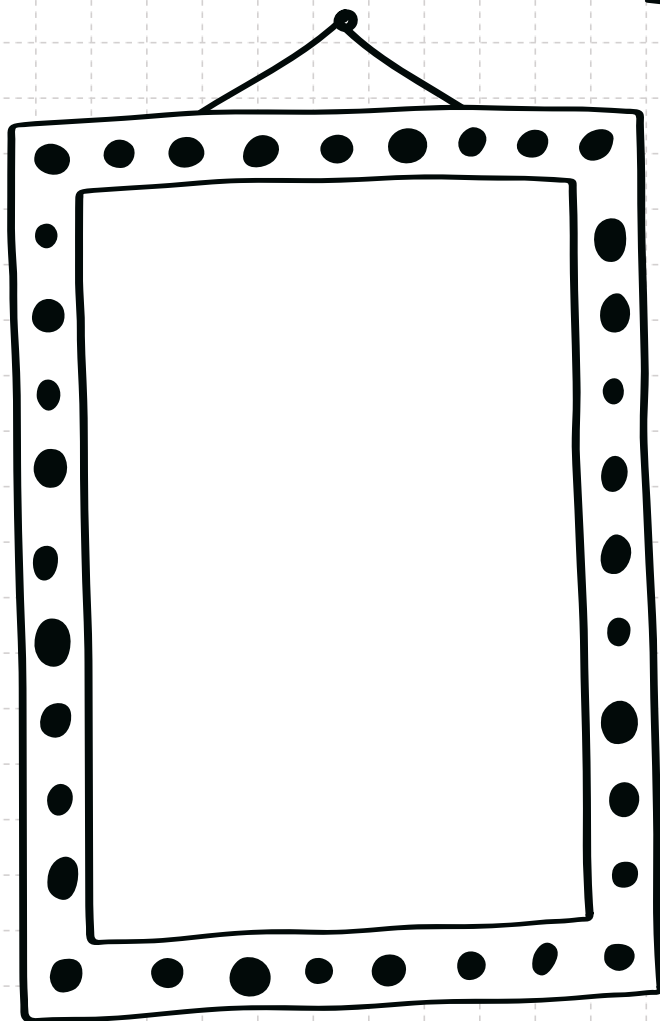
Can you laugh with them  
and sound different laughs out?  
Tell them what makes you laugh.  
Children can keep the activity  
sheet if they want to.



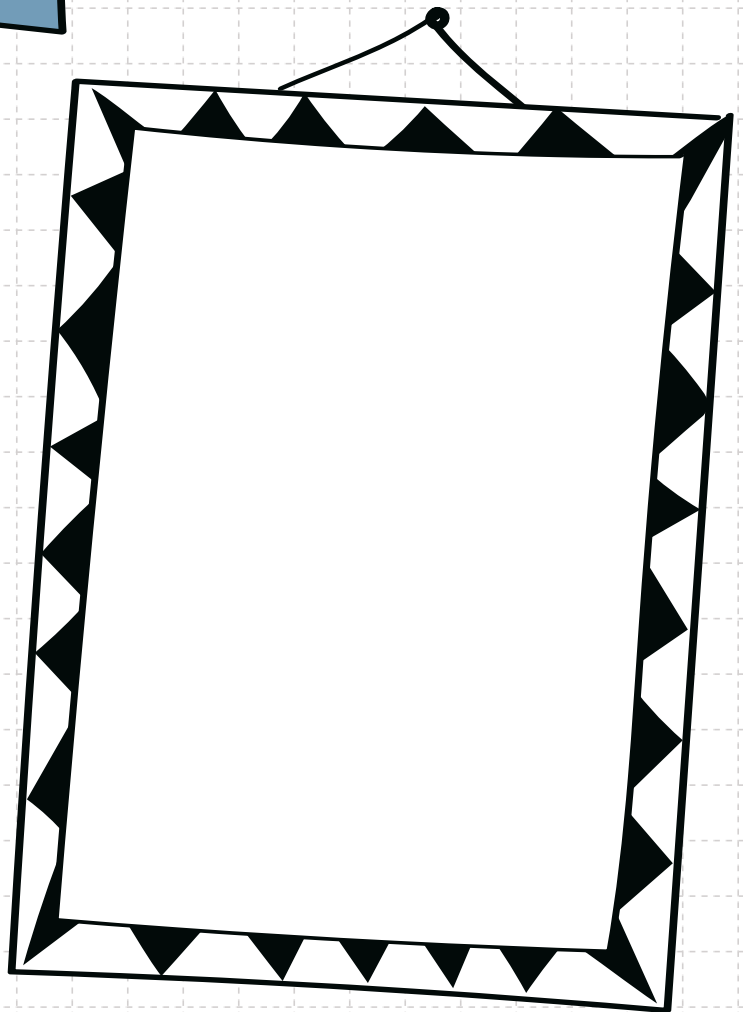
# Worry Lists

Some worries are about things that are definitely going to happen, like a test or a trip. But other worries can be things that are very unlikely to happen. Think about your worries and see if you can put them into these two lists.

**Worries that  
might happen**



**Worries that will  
probably never happen**



**You can make  
a plan to fight these  
worries**

**Remind yourself  
that really bad  
things often don't  
happen**

## **Worry Lists**

**What does the word  
worry or worries mean?**

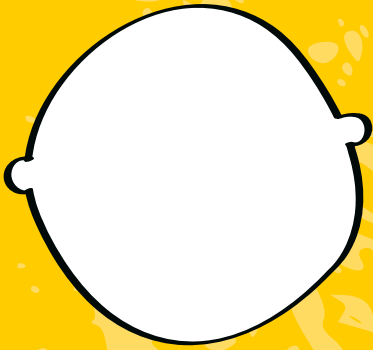
**Support the list of worries that  
the child has written down.**

**If they don't have worries then have  
they worried about anything in the  
past and how did they overcome it?**

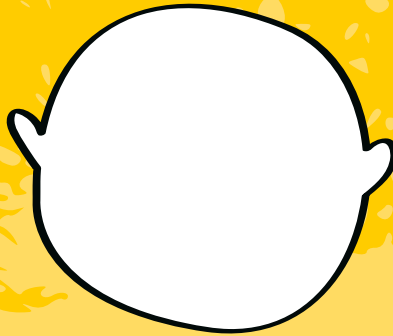
# How Do We Look?



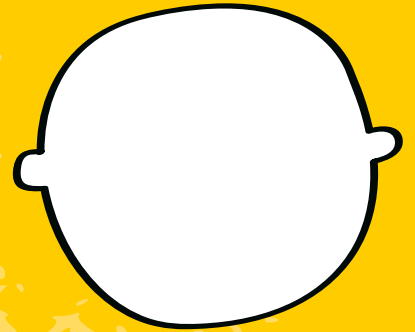
Can you draw the face to match the feeling?



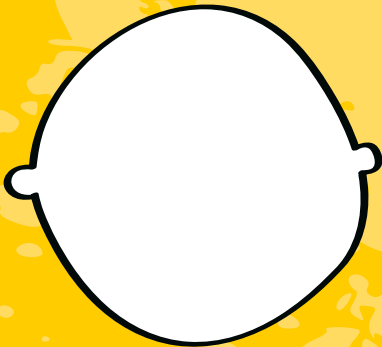
**HAPPY**



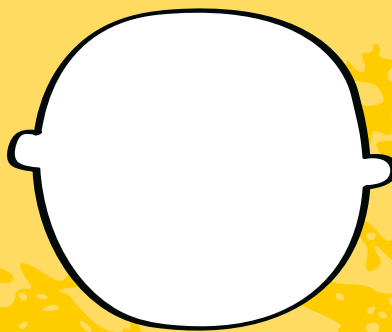
**SAD**



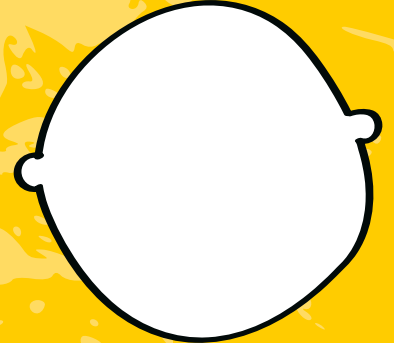
**SCARED**



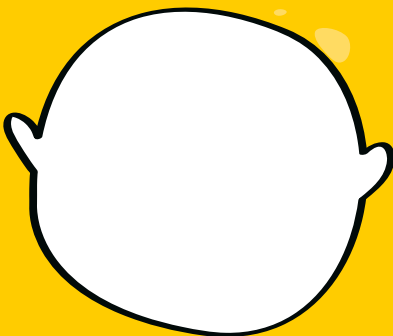
**Excited**



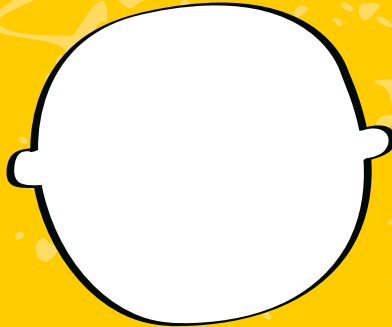
**Tired**



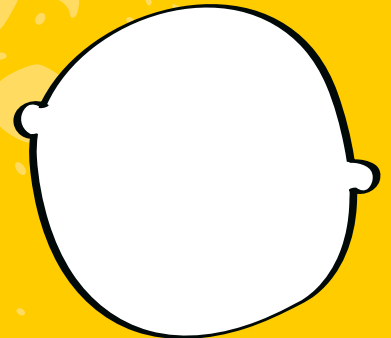
**Upset**



**Nervous**



**SURPRISED**



**LOVED**

## How Do We Look?

If the child would like to add more,  
then they can.

Talk about how we can know how  
someone is feeling just by looking at their  
face, without them having to tell us  
(body language).

Ask how else might we know from  
someone's body how they are feeling,  
without them telling us.

# Scared

How does scared feel?

.....  
.....  
.....

What does scared look like?

Can you **DRAW** it?



What **COLOUR** is scared?

What makes you feel scared?

Who makes you feel scared?

Where can you go if you feel scared (at home or outside home)?

Who can you talk to if you feel scared?

.....  
.....  
.....  
.....  
.....  
.....





# Scared

What does the word  
scared mean?

Support further on this  
if needed.

# Secrets

What are **SECRETS**?

Some secrets can make us feel **HAPPY** or *excited* and some secrets can make us feel **SCARED, worried, angry** or **SAD.**

Can you list some secrets that make us feel happy?

.....

.....

.....

.....

**REMEMBER**

If someone tells you a secret that makes you feel uncomfortable, scared, worried or sad then please tell an adult who you trust.

Some secrets make us feel worried or scared and they are **NOT** good secrets. You will **NEVER** get into trouble for telling someone about these!







# Feeling Lonely

What does feeling lonely mean?

DO YOU EVER FEEL LONELY?

Where do you feel lonely?



Can you think of  
some ideas that can  
help us not to  
feel lonely?



## **Feeling Lonely**

**Give suggestions on things that  
the child can do to not feel lonely that  
are achievable for them.**

**Explore why they are lonely further  
and support with this if needed.**

# Feeling Worried or Scared for Others



Do you ever feel scared or worried for someone else?

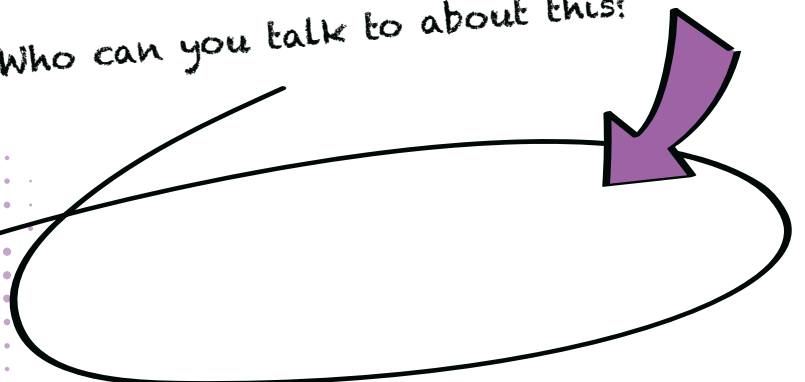
Can you tell me who this person is?

Why do you feel worried or scared for them?

Please draw or write down how feeling worried or scared for someone else makes you feel



Who can you talk to about this?





# Feeling Worried or Scared for Others

Support further on this  
if needed.

# Elaborating on Feelings

**Feeling or Emotion**

**I felt this way when**

Excited

.....  
.....

Scared

.....  
.....

Nervous

.....  
.....

Sad

.....  
.....

Upset

.....  
.....

Surprised

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.....

Bored

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Restless

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Confused

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.....

Tired

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.....

Embarrassed

.....  
.....



## **Elaborating On Feelings**

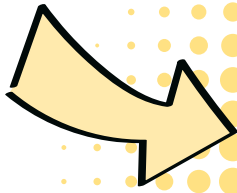
**Explain what these feelings mean if the child needs support.**

**Give help and support if they are stuck on any of them.**

**Give further support if needed from the answers.**

# The Anger Rules

**IT'S OK TO  
FEEL ANGRY  
BUT...**



**DON'T** hurt others  
**DON'T** hurt yourself  
**DON'T** hurt property  
**DO** talk about it



How do you react when you are angry?

---

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How do your parents/carers react when they get angry?

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---

What did you learn about anger when you were younger?

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What do your teachers do when they get angry?

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How do you feel around adults who are angry?

---

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## **The Anger Rules**

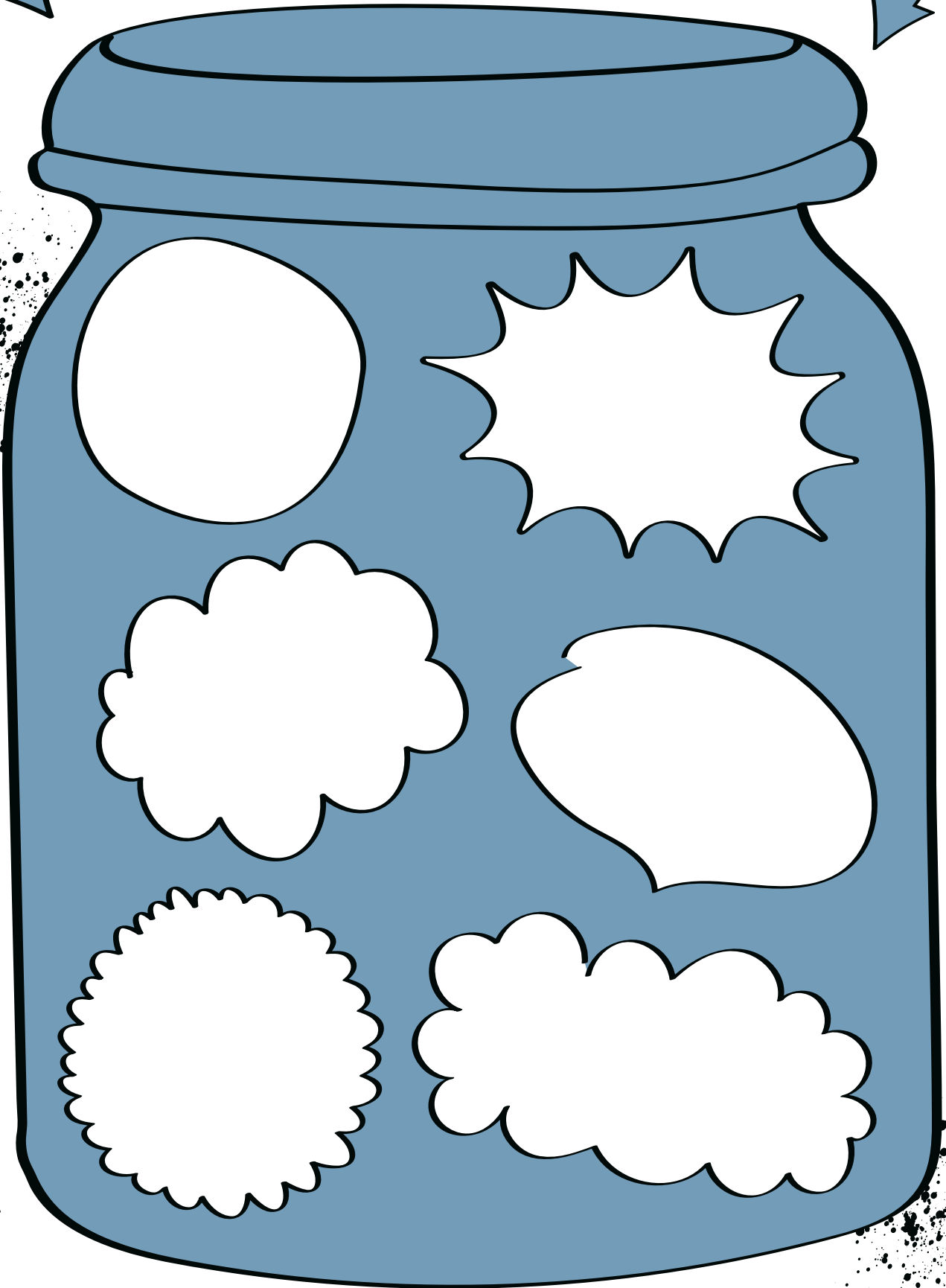
**Reiterate that anger is a feeling and feelings are normal, that anger is OK, but violence and abuse is not OK.**

**Discuss questions and support further pending answers received.**



# Bottling Anger

In the spaces write the anger you  
may have bottled up



## **Bottling Anger**

**What does bottling something up mean?**

**Talk about the things we may  
bottle up in everyday life.**

**What happens if we bottle our feelings up  
(see Anger Volcano/Anger Thermometer  
activity for further support).**

**Talk about the anger that the  
child has bottled up  
- what? when? who? why?**