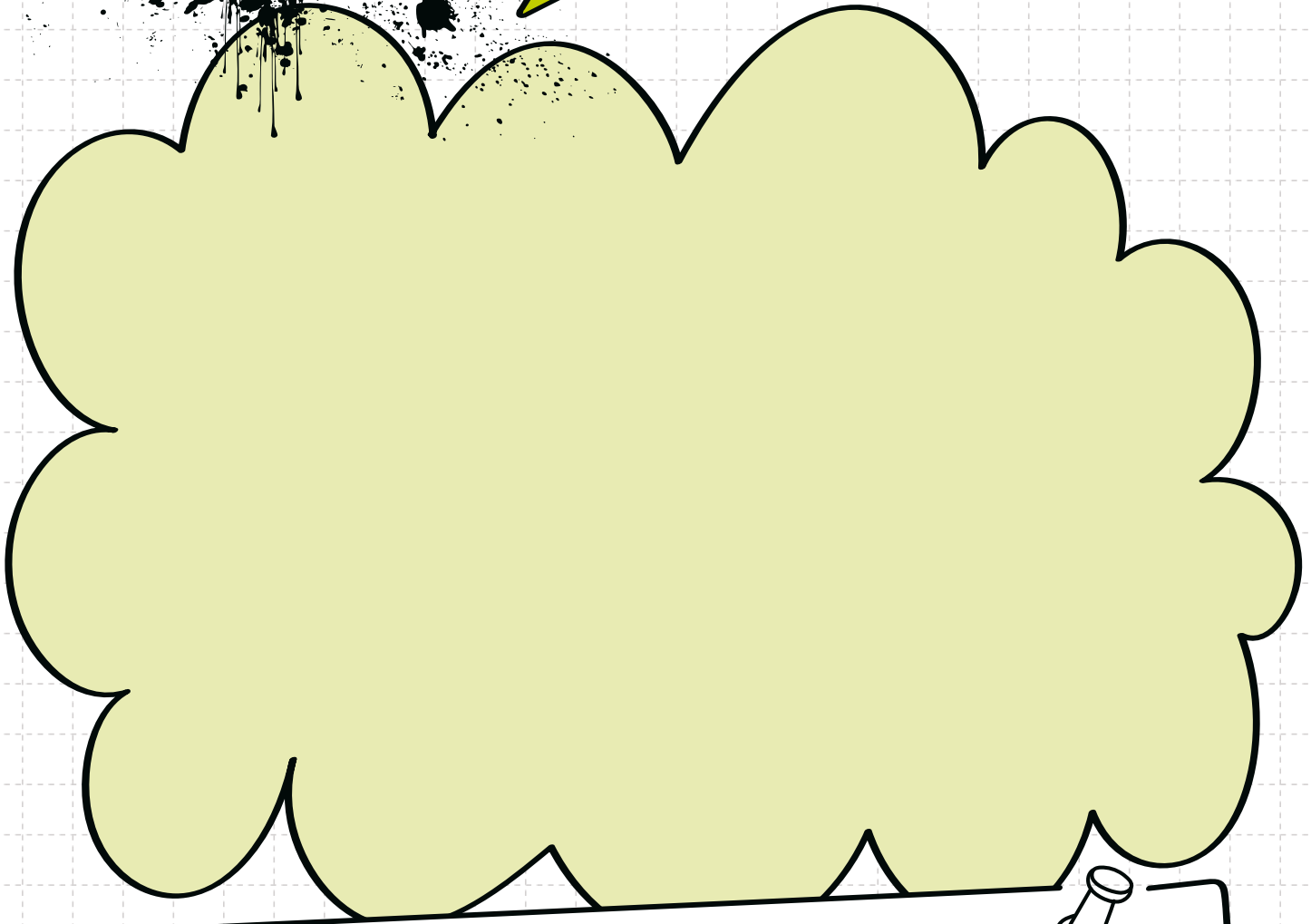# What are Feelings?

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.