



EXPLORING EMOTIONS

Understanding How We Feel

LESSON OBJECTIVES

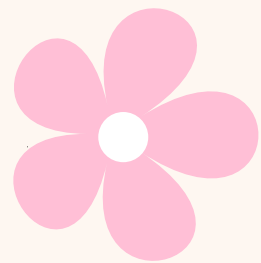
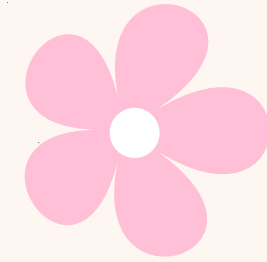


LEARN ABOUT
EMOTIONS

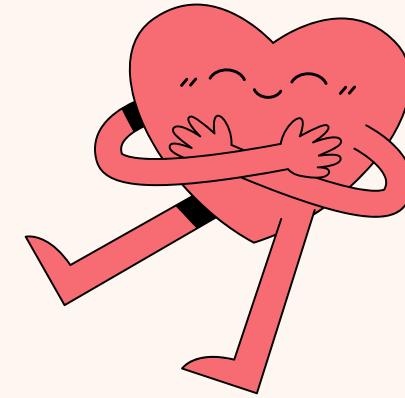


LEARN HOW THEY
HELP US UNDERSTAND
OUR FEELINGS

WHAT ARE
EMOTIONS?

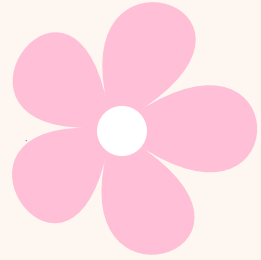


- Emotions are feelings that we have inside our hearts and minds.



- They can make us feel happy, sad, excited, scared or angry.





I FEEL HAPPY

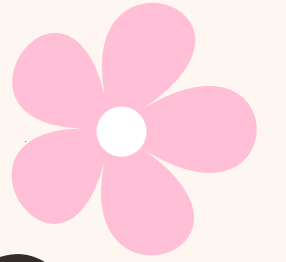
When we're happy, we feel joyful and full of joy.

We might smile, laugh, or feel like jumping up and down.





I FEEL SAD



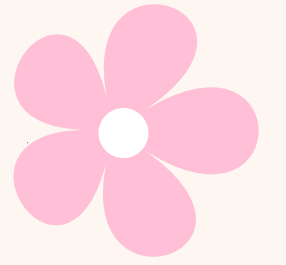
Sometimes we feel sad, and that's okay too.

It's when we feel a bit down or have tears in our eyes.

It's important to talk about our sadness and get support from others.



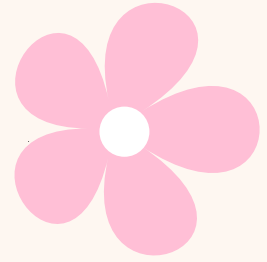
I FEEL EXCITED



When we're excited, we feel really, really happy!

Our hearts might beat fast, and we might have a big smile on our faces.

It's like when we're looking forward to something special.

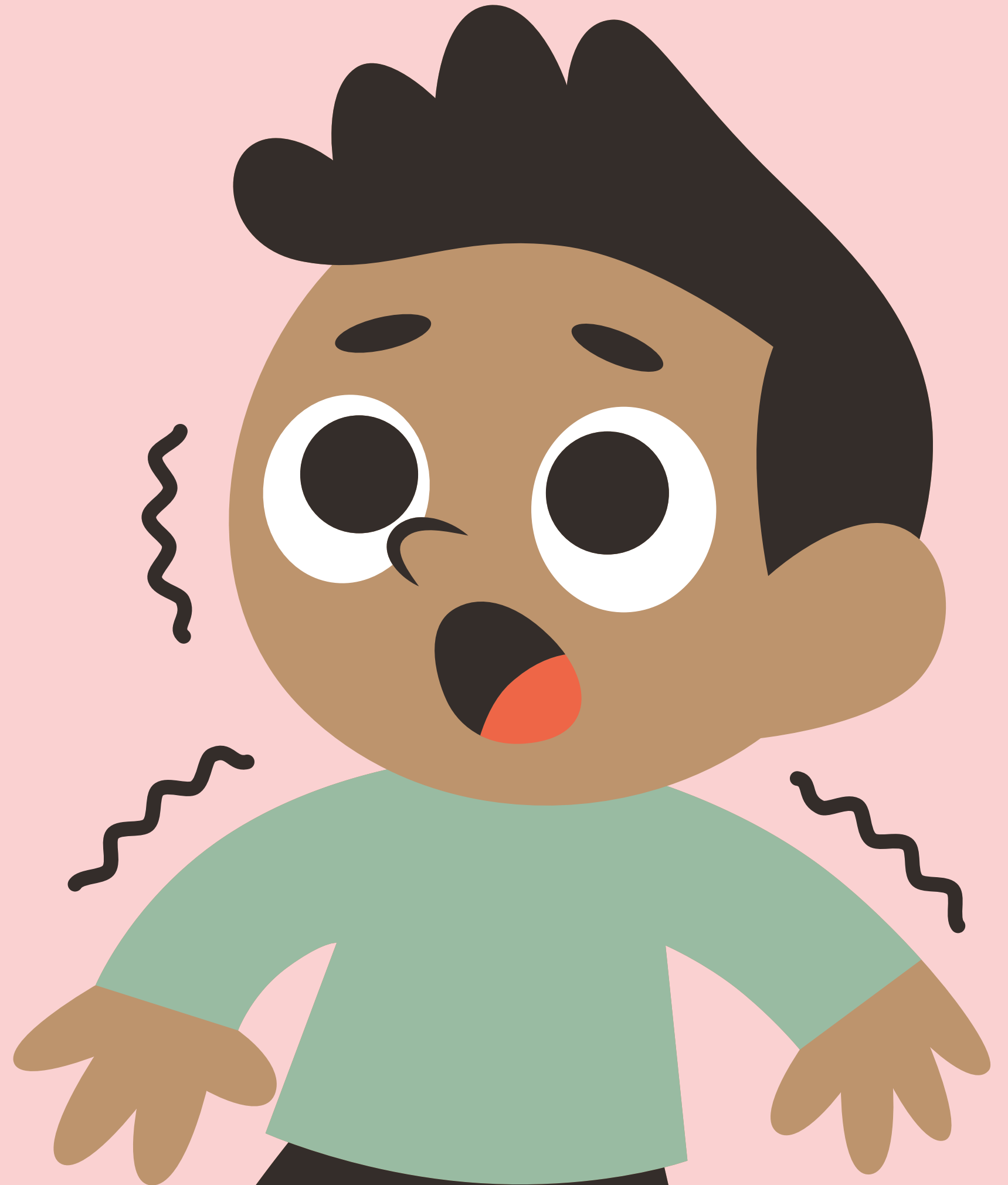


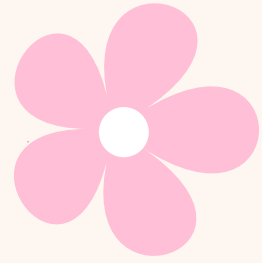
I FEEL SCARED

Sometimes we might feel scared or afraid.

It's when we feel worried or frightened about something.

It's important to tell someone we trust if we feel scared.





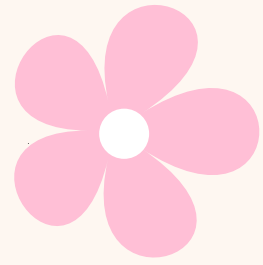
I FEEL ANGRY

When we feel angry, it's like having a big fire inside us.

We might feel hot and we might stomp our feet.

It's important to remember that it's okay to feel angry, but we should find healthy ways to express it.



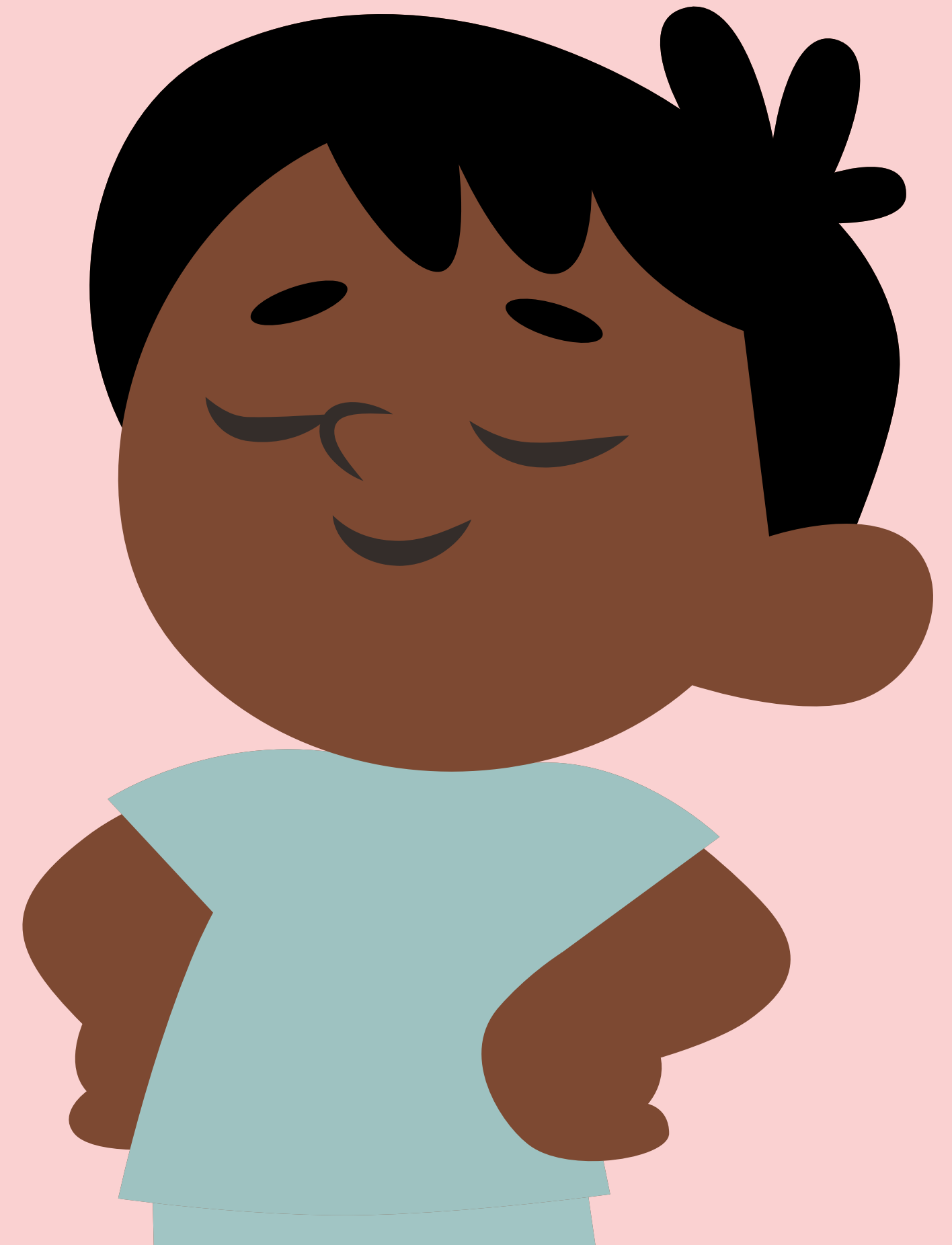


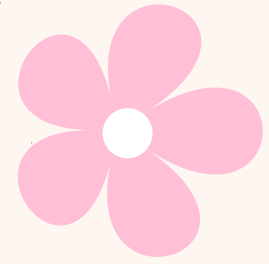
I FEEL PROUD

When we feel proud, it's like having a big smile inside our hearts.

We stand tall, our chest puffs up a bit, and we feel really good about ourselves.

We feel proud when we accomplish something or do something kind for others.





I FEEL SHY

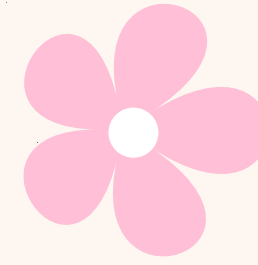
Feeling shy is when we feel a little bit nervous or uncomfortable in certain situations.

It's like wanting to hide or be quiet when we're around new people or in unfamiliar places.

When we feel shy, we might look down, hide behind someone, or speak softly.

Sometimes, we might feel a bit scared to talk or join in with others.



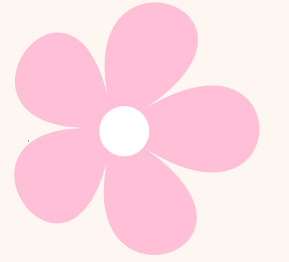


I AM SURPRISED

When something surprises us, it's like a big "Wow!" moment!

Our eyes get wide, our mouth opens, and sometimes we even jump up.

Surprises can make us feel excited and happy.

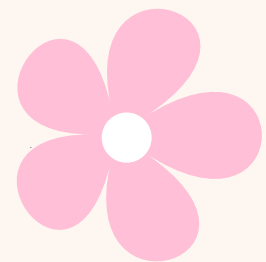


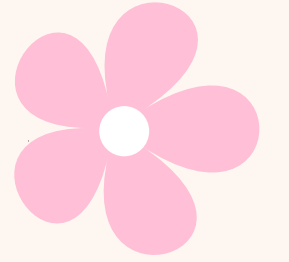
EXPRESSING EMOTIONS

It's important to express our emotions in healthy ways.

We can talk about how we feel with our family, friends, or a teacher.

We can draw, write, or use words to describe our emotions.

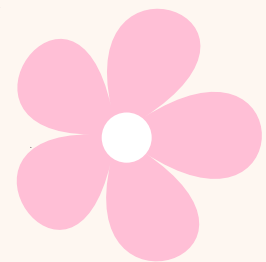


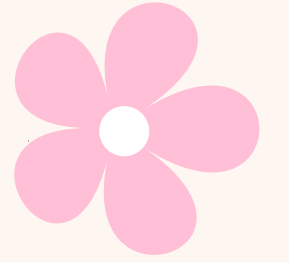


EMOTIONS CHANGE

Remember, our emotions can change from time to time.

It's normal to feel different emotions at different times.

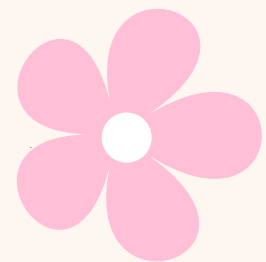




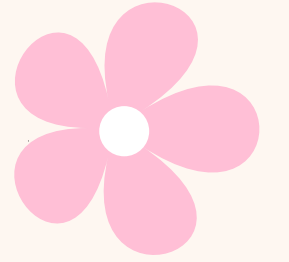
LISTENING TO OTHERS

It's important to listen to how others are feeling too.

We can show kindness and empathy when someone is happy,
sad, or scared.



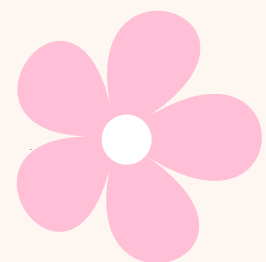
WE FEEL WHAT WE FEEL

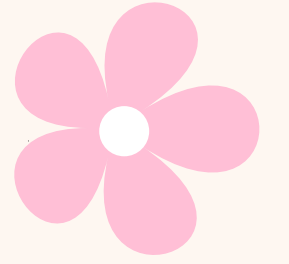


Emotions help us understand how we're feeling inside.

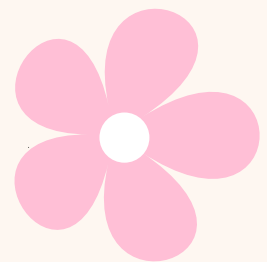
It's important to express and talk about our emotions with others.

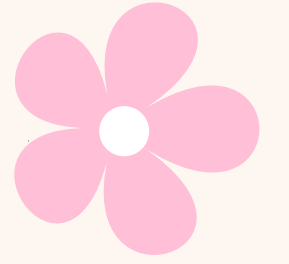
Remember, it's okay to feel different emotions, and we're always here to support each other.





THANK YOU FOR
LISTENING





QUESTIONS?

