



## Ottery St Mary Primary School

### Recognising Emotions

Children can sometimes find it difficult to label their emotion or explain how they are feeling. There are two resources here which can help. The first is a bank of 'emotion faces' which could be used with a child to help them 'check in' or could be referred to if they are struggling to articulate how they feel.

The second sheet is a blank character for children to label how a particular emotion makes them feel. Teaching children to understand their body's response to emotions can help children to identify when they are feeling dys-regulated and that they may need to take steps to find a safe place and make a SMART plan.

The blank character sheet could be used to focus on one particular emotion, or it could be used to label a range of emotions.

Another way to use the blank character could be to label 'inside emotions' and 'outside behaviours' in and out of the body outline.





**Happy**



**Sad**



**Silly**



**Proud**



**Annoyed**



**Surprised**



**Excited**



**Angry**



**Worried**



**Scared**



**Love**



**Sick**



**Calm**



**Bored**



**Sleepy**



**Hungry**



**Embarrassed**



**Ashamed**



**Jealous**



**Worn-out**



**Hyper**



**Confident**



**Distracted**



**Confused**



**Disgust**



**Grief**



**Lonely**



**Guilt**



**Skeptical**



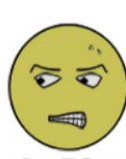
**Apathetic**



**Overwhelmed**



**Awe**



**On Edge**



**Invisible**



**Strong**



**Disobedient**



**Friendly**



**Resilient**



**Secretive**



**Focused**

