

Feelings can feel really BIG & SCARY & POWERFUL. So the more we understand them, & share them with a trusted adult, the less overwhelming they can feel.

It can be really helpful to NAME them & say them out loud. Dan Siegel says 'Name them to tame them!'

Feelings are really important. We all have them. We can LEARN lots from them & the more we UNDERSTAND them, the less BIG & SCARY they can feel.

We are all UNIQUE & SPECIAL. So we all feel emotions Differently. This is normal & OK!



It's HELPFUL to think a bit more about what our feelings look like & mean to each of us.

feelings are different to thoughts  
& ACTIONS

feelings can be Mixed, blended & messy like Spaghetti. We can also have more than 1 feeling at a time like a puzzle or a rainbow



feelings can change - they're not fixed

Feelings Can Spread & travel to & from other people.



## SOME KEY MESSAGES about FEELINGS

THE MIND & BODY ARE CONNECTED

We can also feel different feelings in our body & our body can give us messages & clues.

DR KAREN TREISMAN SAFE HANDS AND THINKING MINDS