

# My emotions

Emotions are also called feelings  
- things like being happy, sad or scared.

Whether you're sad and upset, or happy and excited, you can share your feelings with other people by talking about them

The first thing we need to do is name the emotion. Then we can work out how it feels and what we're going to do with it.

Sometimes we don't know how we feel or what to do.

When this happens, our emotions can get too **BIG** for us to handle alone, so we need to ask others for help.

You can draw or write this on the body of each emotion. We've made a start to give you some ideas.

