

six 'basic' emotions:



Feelings can change

there are things you can do to help you understand and manage your feelings

**5 Ways to Wellbeing**

- self-care
- Connect
- Take Time for You
- Stop & Take Notice
- Get Moving
- Give
- talk

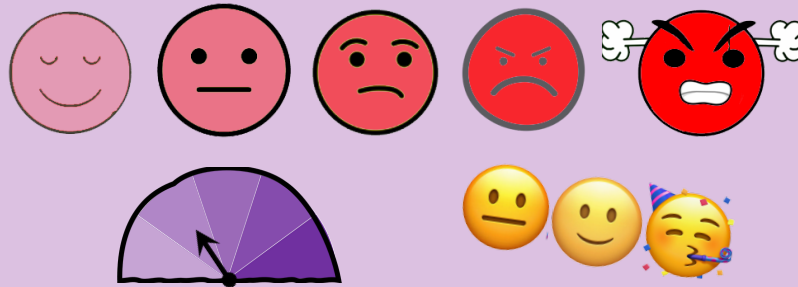
understand

talk to a trusted adult. Use a feelings tracker. Look after you! Ideas and tools at [www.startnowcornwall/wap](http://www.startnowcornwall/wap)

You body and brain are connected and our body can give us messages about what we may be feeling. These are called **Early Warning Signs**.

Feelings can be

**BIG** OR small



We ALL have feelings and experience them in our own unique and different ways

"Naming & taming"  
**Feelings**

it's okay to feel your feelings

there are lots of feeling words

OUR FEELINGS CAN BE MIXED UP + MESSY  
EXCITED AND SCARED!

