



# Emotions

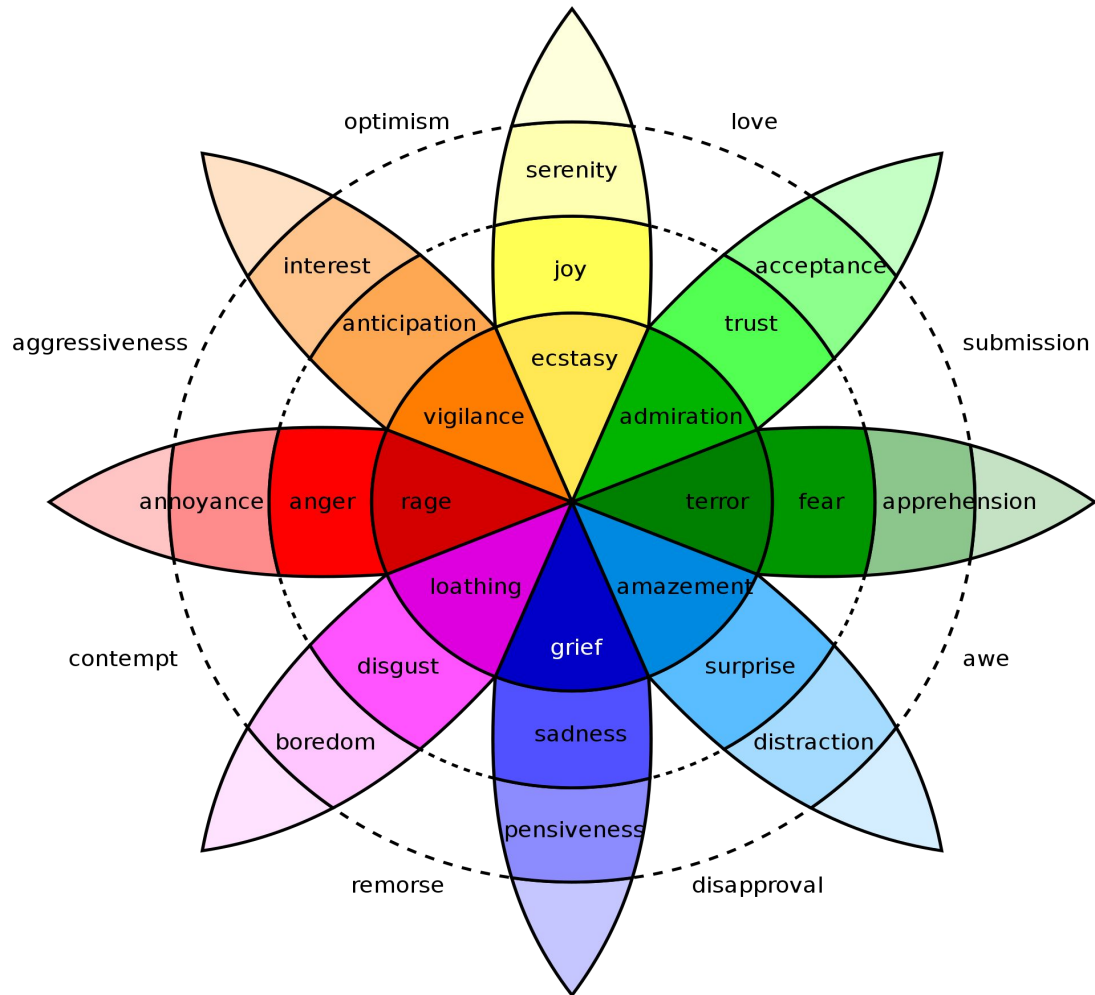
Don't Be Scared To Express Your Emotions  
What do you think this means?

Give us a time when you felt...

- Upset
- Scared
- Worried
- Angry
- Happy
- Loved
- Safe

# Emotions chart

On this chart, it will show the build up of emotions. For instance sad, depressed then melancholy (really sad)! If you don't share your emotions, you will build up inside your mind and soon it will stay in you forever!



# Expressing Emotions

If you are feeling sad or upset then don't be afraid to tell people about it.

Don't always assume how someone is feeling as you might predict something completely different from the truth.

Please could you put your hand out and list some of the people you can trust, maybe your parents or siblings.

# What is stopping you from sharing your emotions?

Is it...

- You are worried what someone will think of what you say
- You don't know what you are feeling.
- You are afraid it will cause conflict.

What are different ways to express your emotions.

- If you are feeling a negative emotion how would you cope with it



# Did you know?

It takes 43 muscles to frown and 17 to smile!! It proves that frowning is bad for you.

Also, research shows that boys bottle up their emotions and girls tend to express them more.

What do you think he is feeling?



# Your support network

When we were taught what are support network is in bullying it is no different to your every day one. The people you listed in the previous slide are your everyday support network!

Thank you for listening to  
Daisy's and Annabel's  
emotion assembly.

We hoped you enjoyed it and now know who to share your emotions with. If you have any questions please let us know and share the message with other people