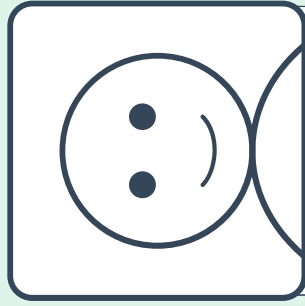


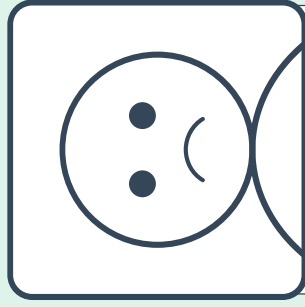
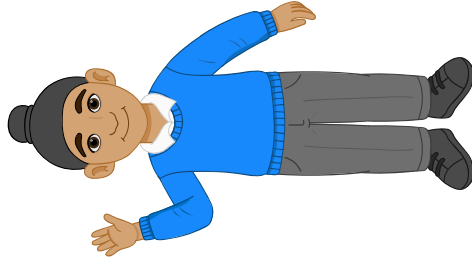


Emotions are how we react to things around us. Everyone has emotions.

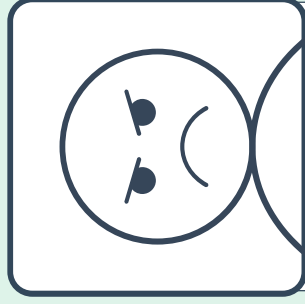
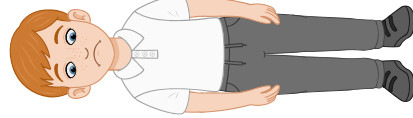
Words you will learn:



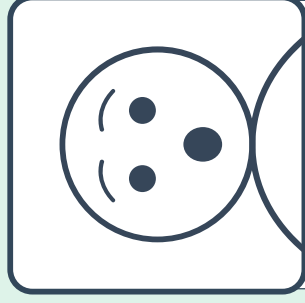
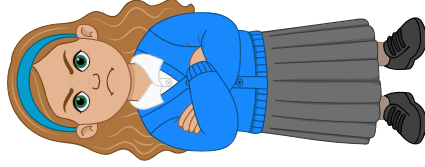
happiness



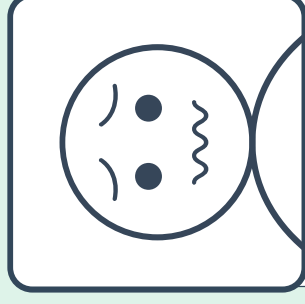
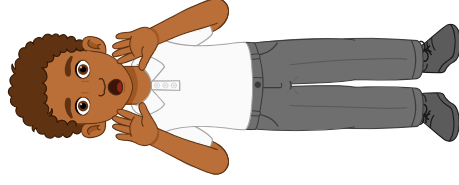
sadness



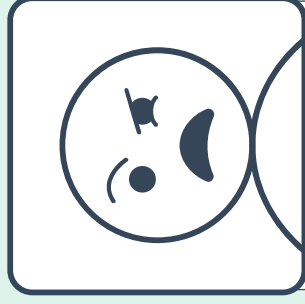
anger



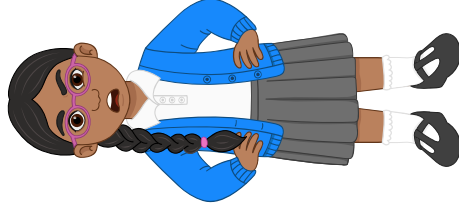
surprise



fear

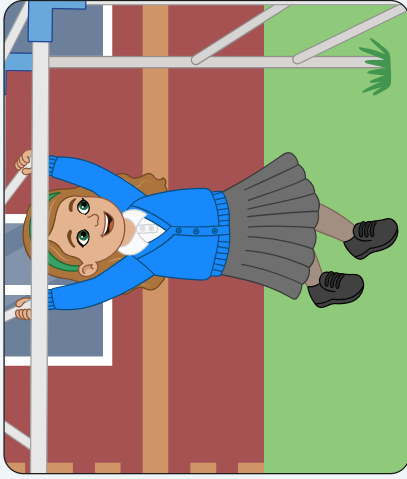


disgust

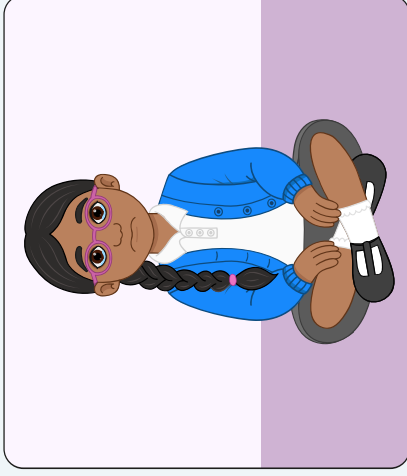




Face clues and body clues can show us people's emotions.



People can show happiness.



People can show sadness.

Emotions can feel:

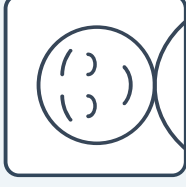


a little

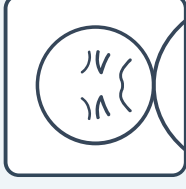


a lot

These can make us:



comfortable



uncomfortable

We can look after our emotions by doing quiet or gentle activities. This can help us **relax**.



get a hug

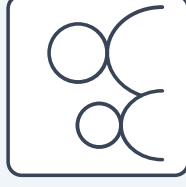


rest



play

If you feel upset, tell a **trusted adult**.



A trusted adult is a grown-up we **trust** to keep us safe and happy.