

# Recognising feelings

To improve your child's abilities to identify and recognise feelings

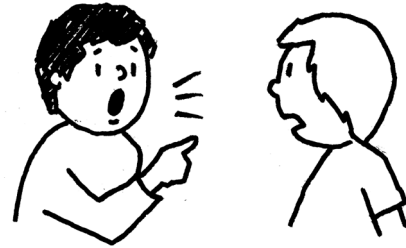
You will need:



Cut up the situation cards and talk about how they might be feeling.



A boy pushed you in the playground



Your brother shouted at you because he was in a bad mood



You did badly in a test



Your teacher congratulated you on your good work in class



You received exactly what you wanted for your birthday

## Let's talk...

You could also ask what you could do to feel better. Remember the Golden Rules!

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else