

Feelings chart

Moving schools can bring up lots of different emotions. Use the chart to start a discussion about how your children are feeling.

Remember it is normal for children to have mixed feelings about starting a new school. Together, think about what they can do to help them cope with any difficult feelings and feel more confident about starting school. Make sure any solutions you come up with follow the Golden Rules for Choosing a Good Solution.

The Golden Rules for a Choosing a Good Solution!



It improves the situation or makes me feel better (or both)

When we cannot improve or change the situation, we can use coping strategies that help us feel better.



It doesn't hurt me or anyone else

Feelings chart

Use this chart to identify and talk about feelings you might have.



CALM



CONFIDENT



SHY



HAPPY



ANGRY



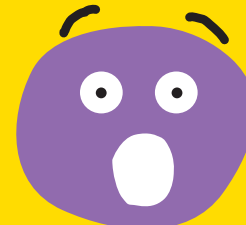
PANICKY



DISAPPOINTED



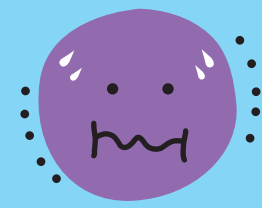
JEALOUS



SURPRISED



EXCITED



NERVOUS



SAD



LONELY



EMBARRASSED



BORED