BRIGHT EMOTIONS

CHILDREN & FAMILY WELLBEING

WHAT ARE EMOTIONS?

"Emotions" is another word for feelings. Everyone has them, but we can experience and show them in different ways. What brings up a certain emotion for one person might not be the same for someone else, and that's okay. We all feel a range of emotions at different times.

OUR CORE EMOTIONS

- Happiness - feeling joy, pleasure, or contentment
- Sadness - feeling upset, hurt, or disappointed
- Anger - feeling annoyed, frustrated, or mad
- Fear - feeling scared or worried
- Surprise - feeling shocked or caught off guard
- Disgust - feeling grossed out or uncomfortable

We can feel emotions inside our bodies. Sometimes they feel really big and loud, and other times they're small and quiet. Emotions can feel really good, or they might make us feel a bit rubbish. But every emotion has a purpose—happiness helps us enjoy life, sadness shows we care, anger can tell us something feels unfair, and fear helps keep us safe. Surprise helps us notice when something unexpected happens, and disgust protects us from things that might be unsafe or unpleasant.

It's okay to feel whatever emotion you have.

Emotions change and pass just like the weather and the seasons.

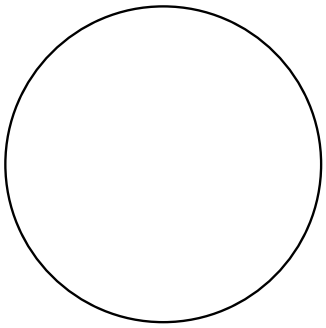
WHAT ARE EMOTIONS?

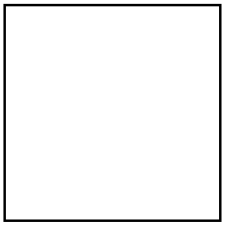
Can you fill out the below?

Face

As a colour

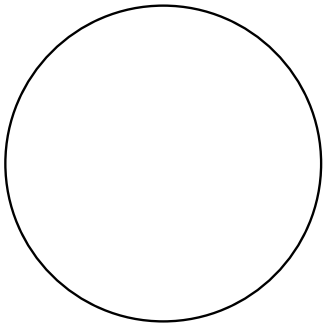
HAPPY

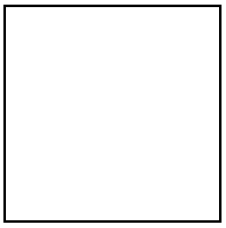




Something that makes me feel happy...

SAD

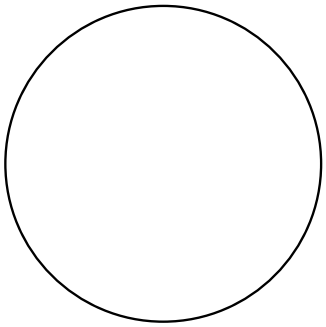


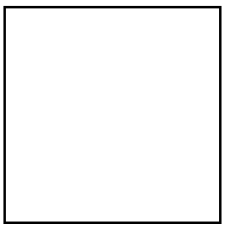


Something that makes me feel sad...

Something that makes me feel better when I'm sad...

ANGRY

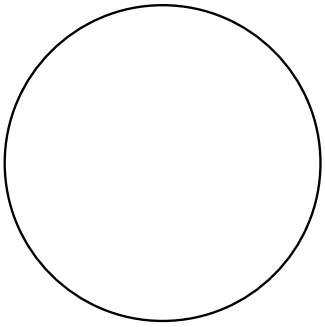


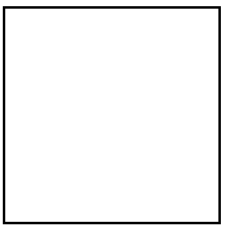


Something that makes me feel angry...

Something that makes me feel better when I'm angry...

WORRY





Something that makes me feel worry...

Something that makes me feel better when I'm worried...