



Today I am feeling...

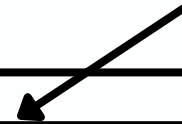
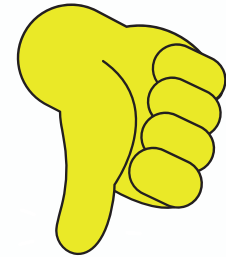
Which character do you feel like?

...like me

Is this a positive or negative feeling?



or



What can I do to help feel positive?

Cut out the character cards and discuss how

you are feeling. Print this page twice

Worley is



happy

George is



angry

Benji is



proud

Jenn is



excited

Thumble is



shy

Squidget is




sad

Larry is



scared

Menace is



bored

Polly is



anxious

Blobble is




surprised

Rocco is




tired

Hettie is



jealous

Nigel is



nervous

Paloma is



calm

Olli is



confused

Worley is



brave

Daisy is



disappointed

Kai is



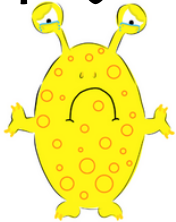
embarrassed



Today I am feeling...

Which character do you feel like?

Squidget is



sad

Rocco is



tired

...like me

Is this a positive or negative feeling?



or



What can I do to help feel positive?

hug someone

jump on my trampoline



Let's get started and learn about our emotions with Worley and his monster mates.

Use this feelings chart as a daily check in, or more if you like. It's a great way to start recognising how we are feeling.

Page 3 is an example page to show you how to use the feelings chart.

Print page 2 twice, with the second page cut out the characters, you can attach velcro dots to the back of them (much better than blue tac!).

I like to have everything laminated, that just ensures its rip proof and lasts much longer.

Check out the video at

www.worleysworld.co.uk/freevideosection