



When I am feeling upset or sad



I can feel lots of emotions during the day.

I can feel happy, sad, frustrated, angry, excited, or disappointed.

When I am feeling upset or sad, I can find it difficult to play with friends or join in games.

When I am feeling upset or sad, I might cry and this is ok.

I can get help when I am feeling upset or sad.

These things can help me when I am feeling sad or upset:

**Telling a teacher
how I feel**

Insert a picture of a teacher or
adult or friend who is helpful

**Holding a
favourite toy**

Insert picture of a favourite toy

**Do a quiet activity
that I enjoy**

Insert a picture of me doing a quiet
activity: reading, sitting on a bean
bag, playing with a soft toy

**Going for a
walk or a play**

Insert a picture of me
walking or playing outside

**If I do these things,
I will start to feel happier again soon**

Insert a picture of me smiling

