



"How do you feel...?"

3. Emotional Skills

Having feelings is normal, however, we can express them in a way that can negatively impact on ourselves and those around us. Learning to express our emotions in a healthy way helps build resilience and protects children from negative mental health outcomes as teenagers.

Each person answers all 3 questions during their turn before moving to the next person.

Question 1

How are you feeling today?
Pick one of the **feeling faces** from the sheet e.g. "I feel sad"

Question 2

What happened to make you feel like this? e.g. "Because I didn't get picked for the team"

Question 3

How is that affecting you?
E.g. "So I can't sleep or concentrate on anything"

What works best?

- ✓ All feelings are welcome (positive and negative) so avoid telling people how they should or shouldn't feel.
- ✓ It's not helpful to interrupt or give advice when someone is sharing how they feel.
- ✓ Follow up on any concerns after the conversation has finished. Try using our problem solving technique.

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