

I'm feeling...

I'd like...



happy

I'm feeling...

happy

When I'm feeling happy, I breathe deeply, my heart beats slower and I sometimes feel like jumping around.



sad

I'm feeling...

sad

When I'm feeling sad, I have a heavy heart and I get tears in my eyes. Sometimes I feel like crying, sitting down and doing nothing.



angry

I'm feeling...

angry

When I'm feeling angry, my heart beats faster. I feel hot, my entire body feels tense, I breathe faster, I clench my fists and I sometimes feel like hitting everything.



disgusted

I'm feeling...

disgusted

When I'm feeling disgusted, I curl my upper lip, turn up my nose, I breathe rapidly or hold my breath, and I sometimes feel a little nauseous.



fearful

I'm feeling...

fearful

When I'm feeling fearful, my heart beats faster, I feel my heart beating in my chest and in my ears. I get goose bumps (my arm hair stands up). My stomach feels tight and my hands get sweaty. Sometimes I can't move.



surprised

I'm feeling...

surprised

When I'm feeling surprised, my eyes are wide open, sometimes my mouth is open and I make the sound "Ah!" or "Oh!" There are good surprises, which make me happy, and there are bad surprises, which make me a bit sad.





confident

I'm feeling...

confident

When I'm feeling confident, my body is relaxed. I smile, I breathe deeply and I feel like I can do everything alone.



shameful

I'm feeling...

Fear + Disgust or Fear + Anger =
shameful

When I'm feeling shameful, I look down, my back is a little bent and I feel uncomfortable in my body.



excited

I'm feeling...

Happiness + Surprise =

excited

When I feel excited, my heart beats fast, I feel like dancing, jumping and playing! I move very fast and I speak very quickly! My eyes are wide open and I sometimes make sounds like "Ah!" and "Oh!"



jealous

I'm feeling...

Sadness + Anger =

jealous

When I'm feeling jealous, I want to have the same thing or same privilege as another person. I have to learn to accept that I can't have everything and I should be satisfied with what I have.



guilty

I'm feeling...

Sadness + Disgust or Disgust + Fear =

guilty

I feel guilty when I did something that I shouldn't have done. Maybe I broke a rule or played a mean trick on someone. My eyes look down, I find it difficult to swallow my saliva, as if something was blocking my throat.



hateful

I'm feeling...

Disgust + Anger =

hateful

When I'm feeling hateful, I wrinkle my forehead, I turn up my nose and I feel a bit angry or hesitant when faced with the person or object that bothers me.





nervous

I'm feeling...

Fear + Surprise =

nervous

When I feel nervous, my body trembles, I find it difficult to swallow my saliva and I sometimes have a stomach ache or feel nauseous.



calm

I'm feeling...

Happiness + Confidence =

calm

When I feel calm, I breathe deeply, my heart beats more slowly and my body is relaxed.



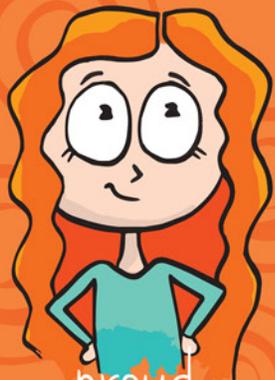
disappointed

I'm feeling...

Sadness + Surprise =

disappointed

When I feel disappointed, my eyes look down and I sometimes feel like crying. My heart is a bit heavy and I feel a little stuck, as if I can't do anything.



proud

I'm feeling...

Happiness + Surprise =

proud

When I feel proud, I hold my chest high, I tilt my head back a bit, I smile and I make sounds like "Oh!" and "Ah!"





to be alone

I'd like...

to be alone

I withdraw alone into a quiet corner and breathe deeply. I find a place where I feel good. I take big breaths through my nose and breathe out through my mouth.



to relax

I'd like...

to relax

I relax by lying on a couch or bed while doing quiet activities (reading a book or magazine, watching TV, etc.).



to be comforted/reassured

I'd like...

to be comforted/
reassured

I'd like someone to take the time to listen to me, give me a hug and reassure me.



to speak with someone

I'd like...

to speak with
someone

I'd like to speak with someone about what's happening to me or to clear my mind.



to see my friends

I'd like...

to see
my friends

I'd like to see my friends to share my emotions and what's happening to me. This can help to clear my mind or make me happier.



to play

I'd like...

to play

When I have too much energy, I like to play! This can be exercising (running, doing a sport), playing ball with a friend or playing with my toys to clear my mind.





to apologize

I'd like...

to apologize

When I've done something wrong and I feel bad, I prefer to apologize and find a way to fix things*.

*Fix things: Do someone a favour, repair what I broke, play a game with the person who was hurt in order to share a fun experience, etc.



to draw

I'd like...

to draw

To help manage my emotion, I can draw the situation or make mandala anti-stress drawings (which can calm me down).



to calm down

I'd like...

to calm down

I'd like to calm down by breathing or doing a quiet activity (reading a book or magazine, watching TV, listening to soft music, etc.).



to write

I'd like...

to write*

I write words to express how I feel, what's happening to me or to clear my mind. I can use a notebook, a diary or scrap paper.

*Only recommended for 6-year-old children who are learning to write.



to find a solution

I'd like...

to find a solution

I'd like to resolve a situation by finding a solution or compromise so I can feel better.



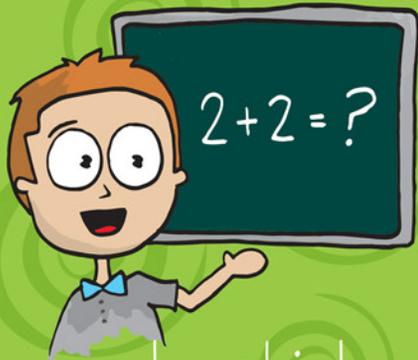
to listen to music

I'd like...

to listen to music

I'd like to listen to my favourite music in order to clear my mind. I can play it loudly or softly; it all depends!



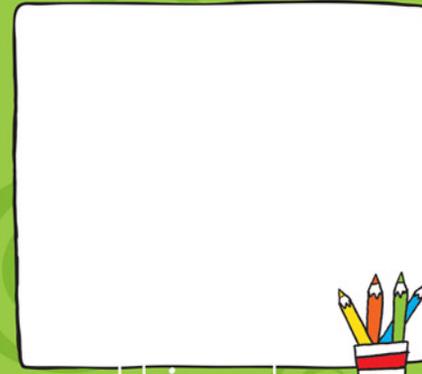


someone to explain to me

I'd like...

someone to
explain to me

I don't understand something
or what's happening to me right
now. I'd like someone to explain
to me the rules or facts so that
I can understand them better.



something else...

I'd like...

something else...

I draw or write something
that could help me manage
my emotion.



someone to help me

I'd like...

someone to
help me

I'd like someone to help me
with my activities right now.
I can't do them alone.



to help

I'd like...

to help

I feel capable of helping
and I'd like to learn how to help.

