

# The Feelings Family



Once upon a time, in a magical forest called Emotiwood, there lived a very special family known as the Feelings Family. This family was unlike any other because each member represented a different emotion. They lived together in a big, colourful treehouse, always ready to help the forest animals understand and express their feelings.

Let's meet the Feelings Family:



Happy



Sad



Angry



Scared

One day, a young bear cub named Teddy came to the Feelings Family treehouse. Teddy was feeling confused because his parents had recently separated, and he didn't know how to express his emotions.

Happy, with his bright smile, taught Teddy that it's okay to feel joy even during tough times. Sad showed Teddy that crying can help release difficult emotions. Angry helped Teddy understand that feeling upset is natural, but there are healthy ways to express it. Scared comforted Teddy, explaining that fear is normal when facing big changes.

Together, the Feelings Family helped Teddy understand that all his emotions were valid and important. They taught him how to recognise and express his feelings in a healthy way.

From that day on, Teddy visited the Feelings Family whenever he needed guidance. He learned that by understanding and accepting all his emotions, he could better cope with the changes in his life.

And so, the Feelings Family continued to help all the animals in Emotiwood, teaching them that every emotion has its place and purpose in our hearts.

## How are you feeling today?

Happy

That's wonderful! Happiness is like sunshine for your heart.

Sad

It's okay to feel sad. Remember, rain helps flowers grow.

Angry

Feeling angry is normal. Take deep breaths and let it out slowly.

Scared

Being scared is brave. It means you're facing something new.

# Meet Happy



Happy is the brightest member of the Feelings Family! With his radiant smile and warm glow, he's always ready to spread joy and laughter throughout Emotiwood. His golden rays symbolise the power of positivity, reminding everyone in Emotiwood that happiness can be contagious. Happy believes that even on cloudy days, there's always a reason to smile. Smiling, even when you don't feel happy, can actually make you feel better!

Happy reminds us that joy can be found in the simplest things and that it's wonderful to embrace and share our positive emotions, lighting up the world around us just like a beautiful sunny day!

## Happy's Tips for Feeling Joyful:

- ☀ Smile at yourself in the mirror each morning
  - ☀ Do something kind for someone else
  - ☀ Spend time outdoors and appreciate nature
  - ☀ Dance to your favourite upbeat song
- ☀ Write down three things you're grateful for each day

# Meet Sad



Sad is a gentle blue raindrop with a tender heart. Sometimes, you might see a tear rolling down their cheek. Sad helps us understand that it's okay to feel down sometimes and that expressing our sadness can make us feel better. Sadness, like rain, can be cleansing and necessary for growth. Sad shows us that showing our feelings, rather than hiding them, is a strength.

Sadness can deepen our empathy, helping us connect with others who might also be feeling down. Sad can help you process your emotions, making room for joy and other feelings to shine.

## Tips when feeling sad.. remember:

- ◆ It's okay to cry. Tears can help wash away your worries.
- ◆ Talk to someone you trust about your feelings. Sharing can make you feel better.
- ◆ Draw or write about what's making you sad to help you understand your emotions.
- ◆ Remember that sadness doesn't last forever. Happy days will come again.
- ◆ Do something kind for yourself or others. It can lift your spirits.

# Meet Angry



With blazing red colour and furrowed brows, Angry is the fiery member of the Feelings Family. Angry teaches us that it's okay to feel upset sometimes, but it's important to express our anger in healthy ways, often reminding family members that anger is a natural emotion that can even be helpful when used correctly.

Despite the hot-headed appearance, Angry has a warm heart and is always ready to stand up for what's right and protect family.

The biggest challenge is finding positive ways to manage and express this powerful emotion without hurting others or damaging relationships. Angry asks us to talk about our feelings, use calming techniques, and find productive outlets for our frustrations.

## Anger's Tips when you're All Fired Up:

- 🔥 Take deep breaths when you feel angry.
- 🔥 Count to ten slowly to calm down.
- 🔥 Use words to express why you're feeling angry.
- 🔥 Draw or paint your feelings on paper.
- 🔥 Go for a walk or do some exercise to release energy.

# Meet Scared








Meet Scared, the friendly purple ghost from the Feelings Family!

Scared is here to help you understand that feeling afraid is a normal part of life. With big, wide eyes, Scared is always on the lookout for potential dangers, but also great at finding courage when it's needed. Whether it's the dark or trying something new, Scared helps us learn how to face our fears and grow stronger.

Scared reminds us that being brave doesn't mean you are never scared, it means doing something even when you are afraid. Facing our fears can help us grow and become more confident.

## Scared's Tips for Feeling Brave

-  **Take deep breaths:** Breathe in slowly counting to 4, hold for 4, breathe out for 4.
-  **Talk to someone you trust:** Sharing your fears can make them feel smaller.
-  **Use your imagination:** Picture yourself as a superhero facing your fear.
-  **Create a comfort item:** Like a special stuffed animal or a "brave rock" to hold.
-  **Practice positive self-talk:** Say "I can do this!" or "I am brave!"