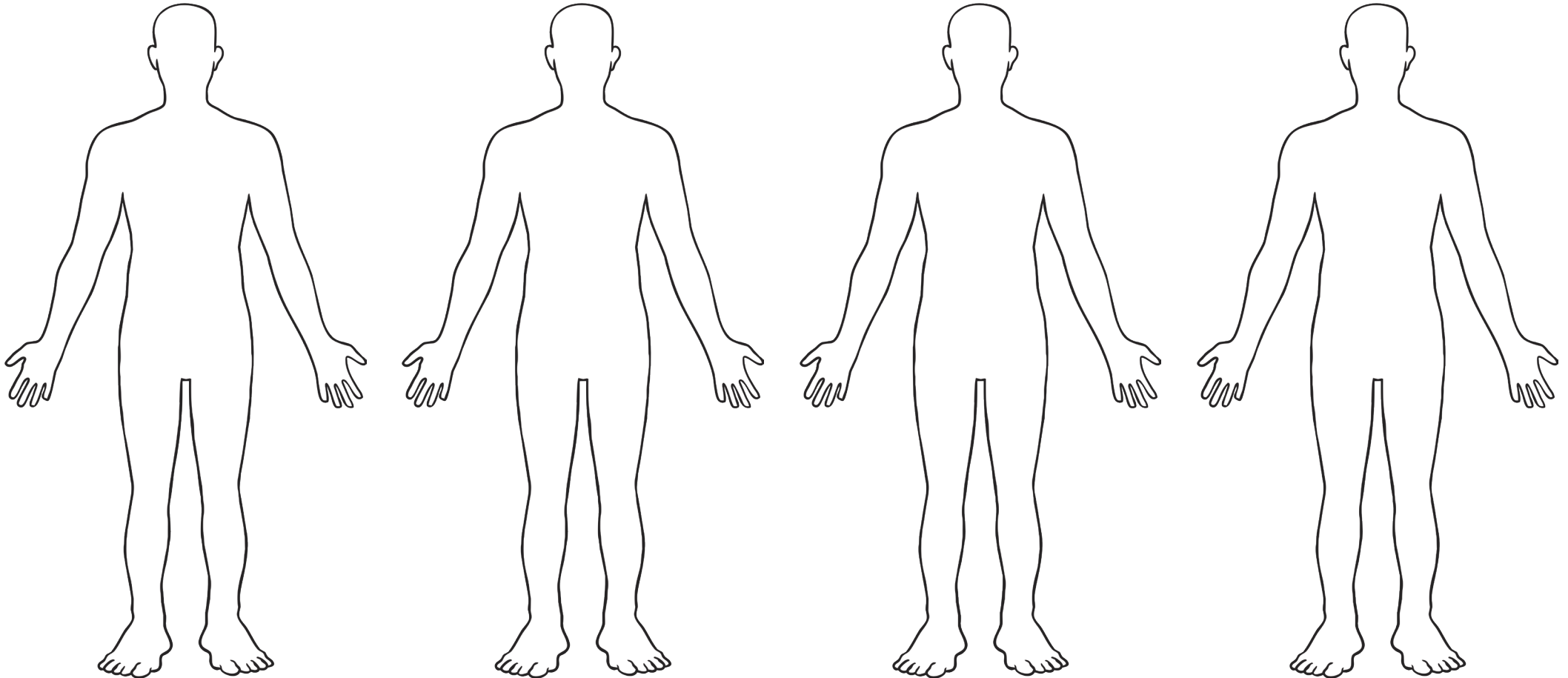


Identifying Feelings

Choose four of the uncomfortable emotions we have discussed and think about where in your body you experience that emotion. Next, choose a colour to represent that emotion and put colour on the body outline to show where you feel that feeling. Remember, there is no right or wrong as we all experience feelings in slightly different ways.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).