



# HOW TO FEEL YOUR FEELINGS

**NAME THE EMOTION YOU ARE YOU FEELING NOW**

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**WHERE IS THIS FEELING IN YOUR BODY?**

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**WHAT COLOUR IS THIS FEELING?**

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**IS THIS FEELING HARD OR SOFT?**

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**IS THIS FEELING FAST OR SLOW?**

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**HOW DOES THIS FEELING MAKE YOU WANT TO REACT?**

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**WHY ARE YOU FEELING THIS?**

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