



Actions and Emotions

	Name the feeling	How could I react in a harmful way? (Think about what I might say or do, body language, tone of voice, etc.)	How could I react in a helpful way?
What do you feel when you're blamed for something you didn't do?			
What do you feel when someone keeps playing the game wrong?			
What do you feel if you are expecting to see a friend, and they cancel with no good reason?			
How does you feel when you work really hard for something and you do really well?			
What do you feel when a teacher praises your work?			
What do you feel when someone you want to play with doesn't want to play with you?			
What do you feel when your parent / carer hasn't understood you?			