Managing Feelings

Explain honestly and calmly how you are feeling and why.
When you do this, make sure you state facts and your own opinions rather than drawing your own conclusions.

> "I am feeling cross because I really wanted to win that game and I found losing hard."

This expression of true emotions does not make anyone else feel uncomfortable and allows others to help.

Find ways to calm yourself so that you feel ready to talk.
This can include fidgeting with something, listening to music, breathing calmly, playing with playdough, having a hug, lying down or reading a story. What works for one person may be different to what works for another person, so it is important to find the thing that calms you down.

Feeling confident and positive.
When you are experiencing an uncomfortable feeling, have a positive idea about how things could be better and feel confident enough to voice that idea. This can quickly make the uncomfortable feeling feel comfortable.

Be kind to yourself.
We all have days when we feel sad or grumpy and we don't always know why we are having these feelings. It is important to allow ourselves to have these feelings and to try and explain to others we are in a certain mood.

Think yourself happy.
Sometimes we can change our thoughts to become positive by thinking positively and smiling. The impact this can have on ourselves can lift our mood. However, it is important to not just block uncomfortable feelings out if there is a reason for them.

Talking to someone you trust about any uncomfortable feelings you have is also important.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.