

## How can we manage our feelings?



**We experience many different feelings in one day.**

*How many different feelings can you think of?*



### Uncomfortable Feelings

**Anger** is one of the most difficult emotions to control. We often hear people saying that they lost control or they lost their temper. Anger is actually a useful emotion. Anger steps in when another uncomfortable feeling is in danger of taking control of us! If we are experiencing intense feelings (such as sadness, fear, jealousy or anxiety), anger can be a way of coping. Anger helps us to know when something isn't right. It acts like a warning to our brains to do something about the situation we are in and gives us the energy to do what we need to do. When we feel angry, we might feel hot, dizzy, sick or our hearts might beat faster. We might feel like crying or we might want to hurt someone or something. This is because our brains are releasing chemicals to help us deal with the situation. It is getting us ready to fight or run away – something early people, hundreds of thousands of years ago, would have had to do when there was any danger. Uncomfortable feelings are completely normal. But feeling them often is not good for our mental health and wellbeing. People who experience feelings of anger, sadness, worry or loneliness very often need help and support. Just as we would go to the doctor if our leg hurt, we should speak to a trusted adult and get support if we think we might be experiencing poor mental health.

Vocabulary	
<b>feelings</b>	Feelings are something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing. There are different kinds of feelings that we experience. Sometimes we feel happy, sad, worried, lonely and so much more.
<b>expressing</b>	When we talk about <b>expressing</b> our feelings, this means how we are showing what we are feeling. There are many ways of expressing feelings and different people manage this differently.
<b>managing</b>	When we talk about managing our feelings this means how we control and manage them.
<b>grief</b>	Grief is a term used to describe an intense sorrow, usually caused by the death of a loved one.
<b>support</b>	When we talk about support in relation to our feelings this is the help that we can give to others or that we may receive if we need it ourselves.

**Open-minded Octopus** helps us recognise that different people manage their feelings in different ways and **Respectful Rabbit** reminds us to be tolerant and respectful of that.

### Key Questions-

*How everyday things can affect feelings.*

*How feelings change over time and can be experienced at different levels of intensity.*

*The importance of expressing feelings and how they can be expressed in different ways.*

*How to respond proportionately to, and manage, feelings in different circumstances.*

*Ways of managing feelings at times of loss, grief and change.*



### Understanding Worry

We all worry or get nervous about different things but whatever the worry is, it can make you feel pretty uncomfortable. Some people feel sick with worry, others get a dry mouth, a nervous, fluttery feeling in their stomach or they might feel hot and sweaty. There are lots of different ways we can manage worry and it often starts with sharing our worries with a **trusted adult**.

