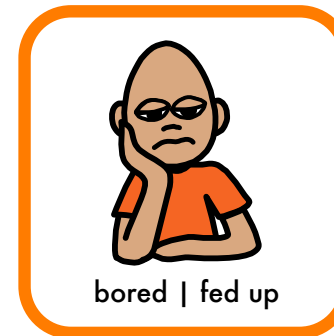
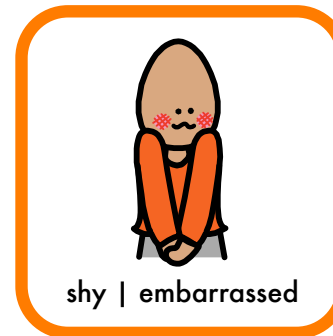
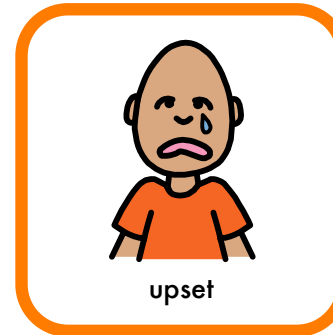


This is the
orange cog.

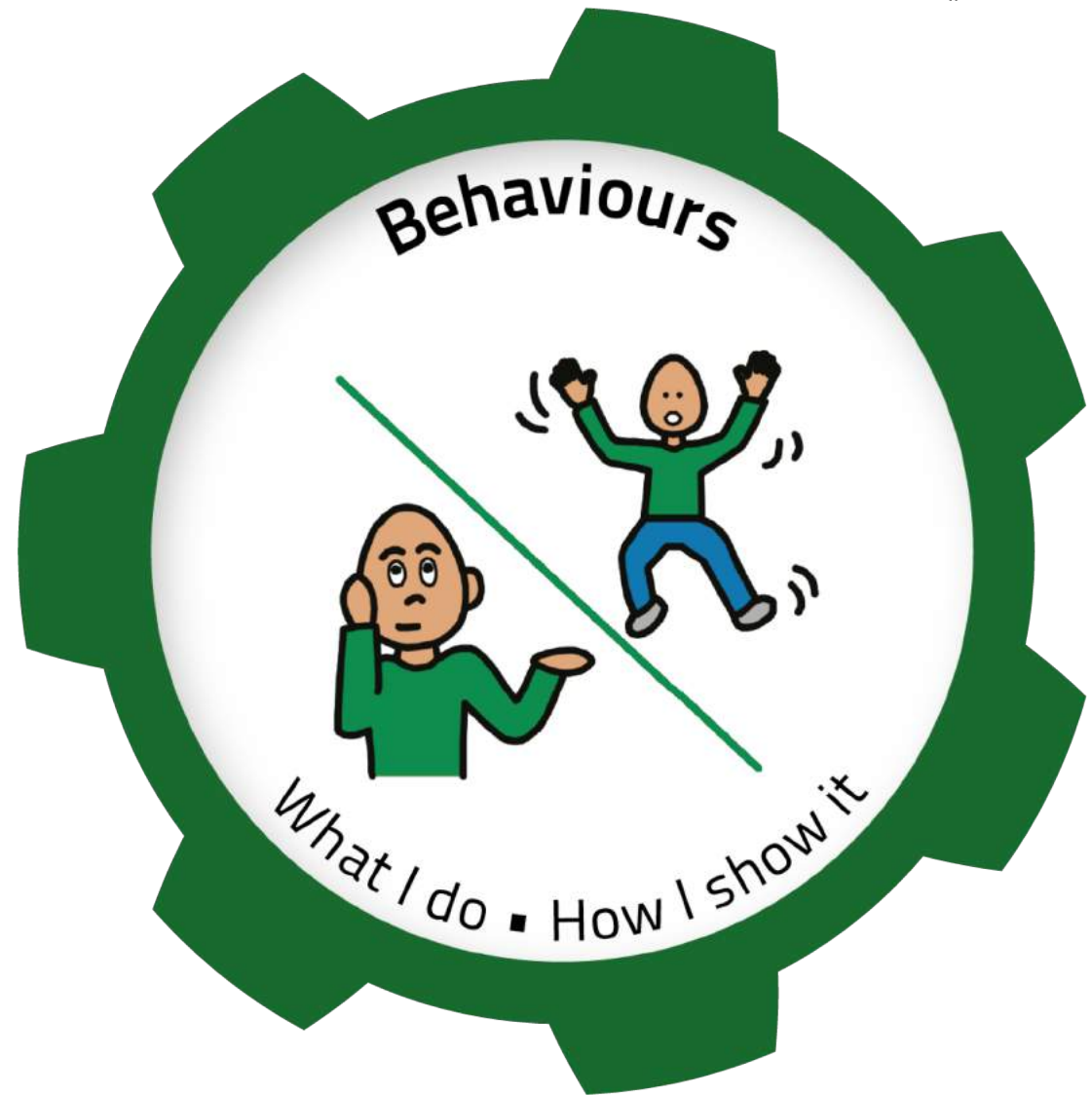


It helps us to learn, think and talk about *the words*
we use to name our feelings and emotions

Here are some examples of Emotion Words

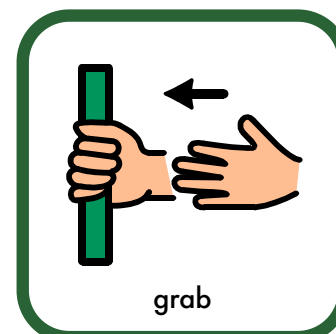
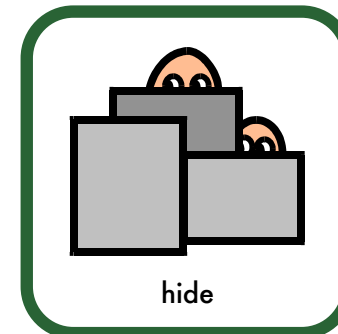
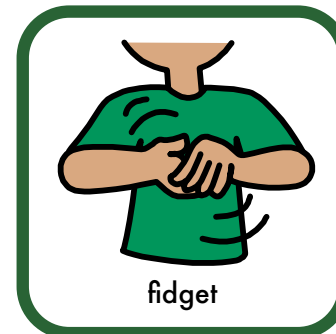
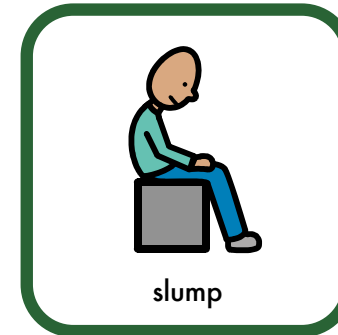
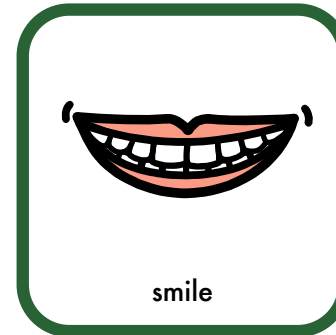
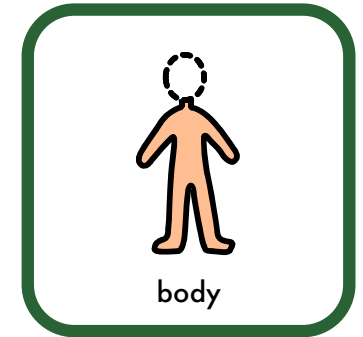
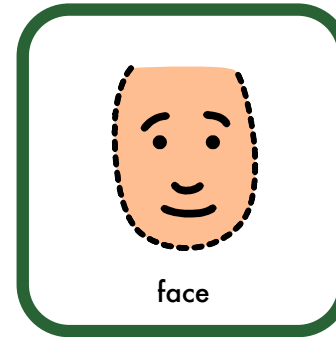
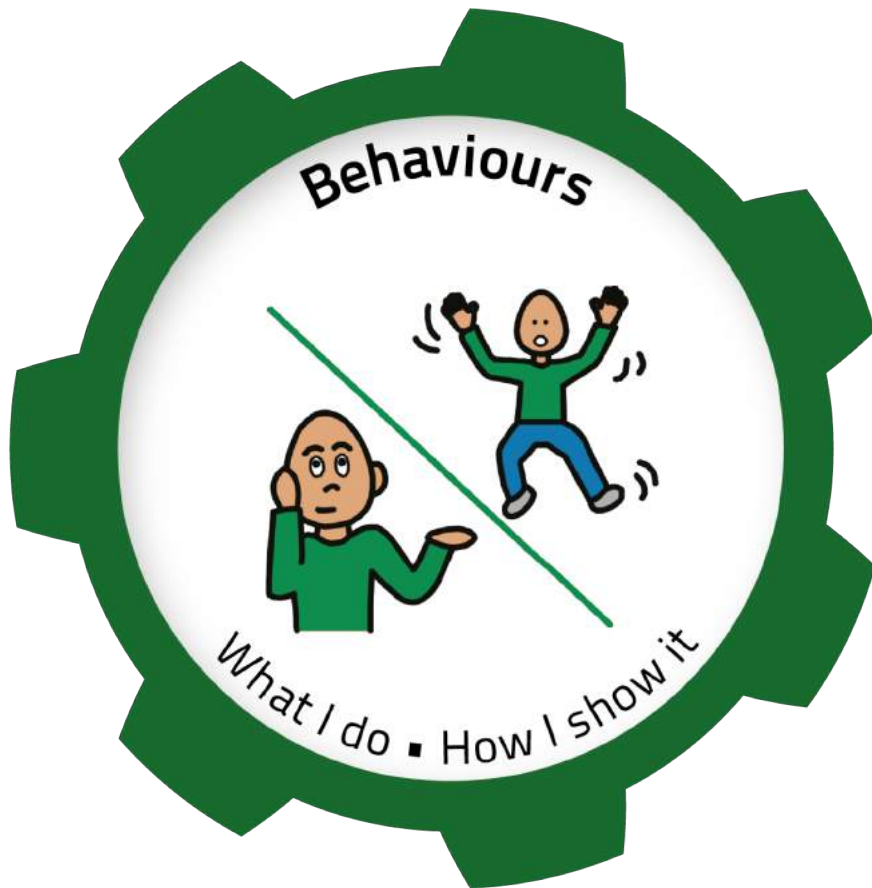


This is the
green cog.



It helps us to think about *what we do to show our emotions using our faces, bodies, actions and words.*

Here are some ways of showing emotions in our **behaviour**

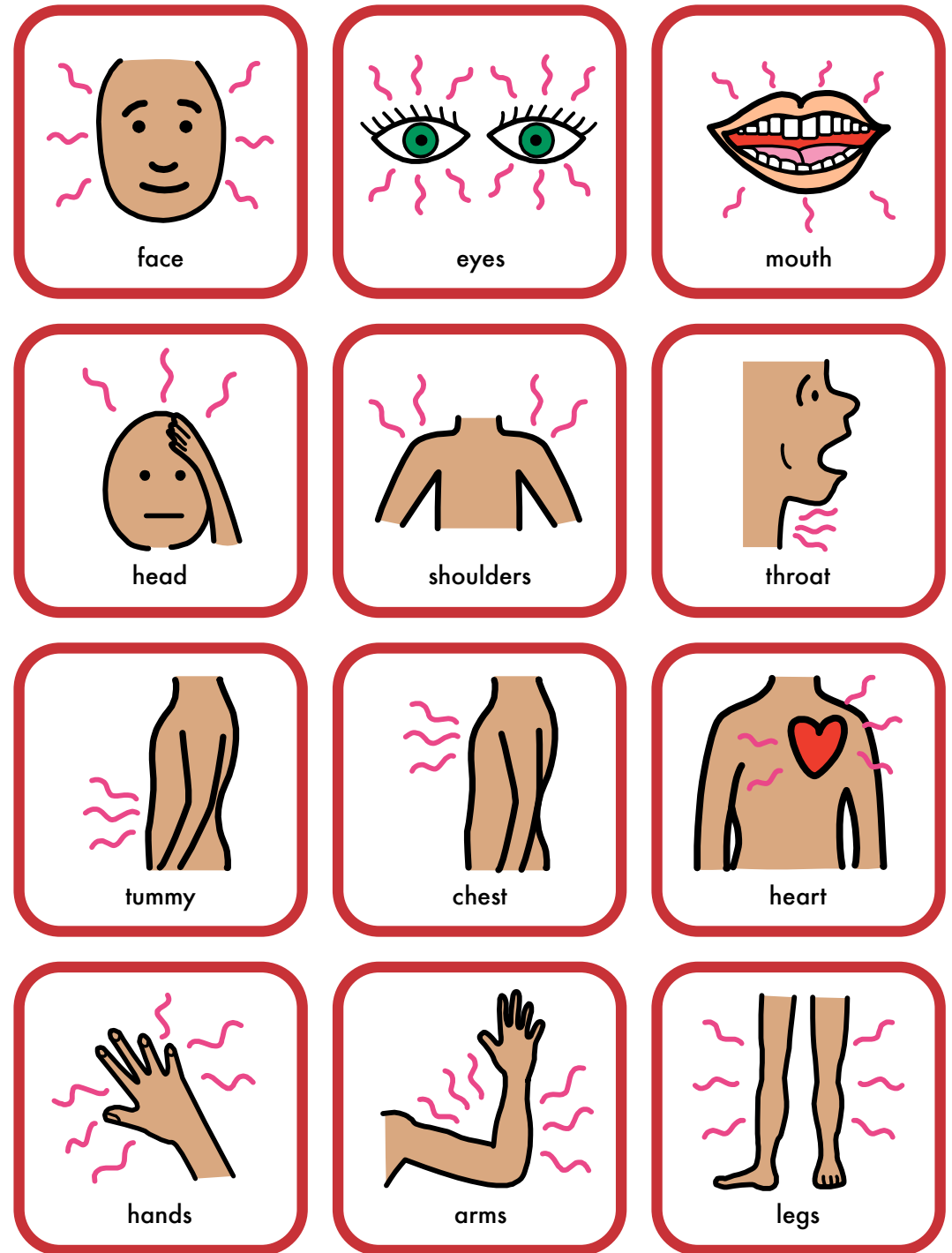


This is the
red-pink cog.



It helps us to notice and think about *the sensations*
in our body when we feel an emotion

Here are some places where we might feel emotion **sensations**

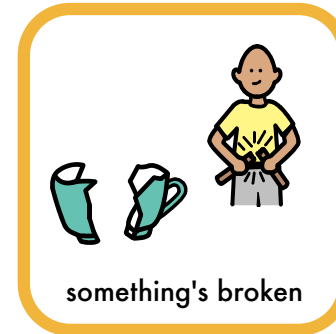
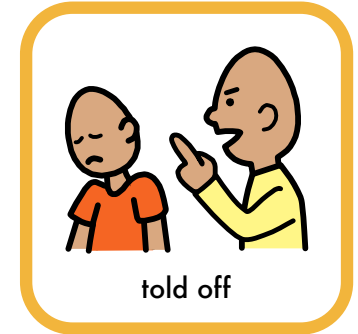
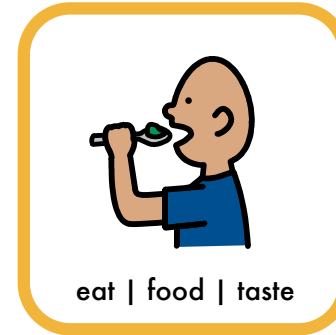
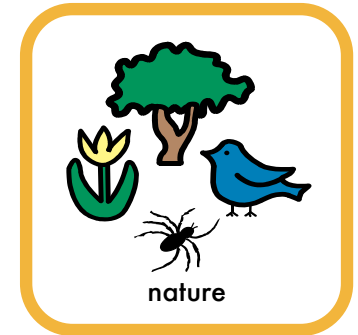
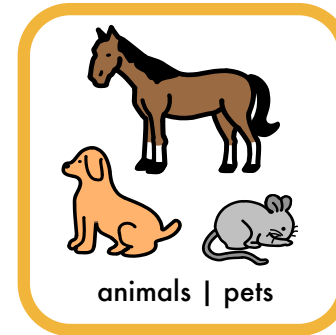


This is the
yellow cog.



It helps us to think about *the things that 'trigger' or cause our feelings and emotions.*

Here are some examples of Emotion Triggers



This is the
blue cog.



It reminds us to think about *things that help us feel better when emotions don't feel good.*

Here are some strategies we can use to feel better

