













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



 ----- happy cheerful	 ----- sad disappointed	 ----- relaxed peaceful
 ----- scared frightened	 ----- angry mad	 ----- excited
 ----- upset	 ----- yuck disgust	 ----- surprised shocked
 ----- shy embarrassed	 ----- bored fed up	 ----- worried nervous

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**

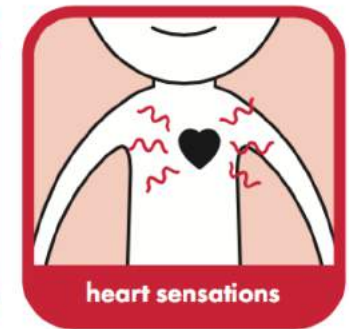
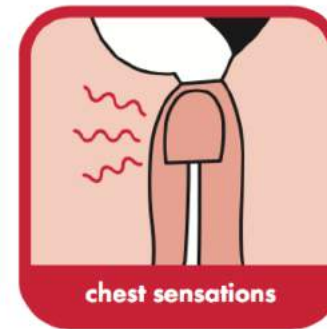
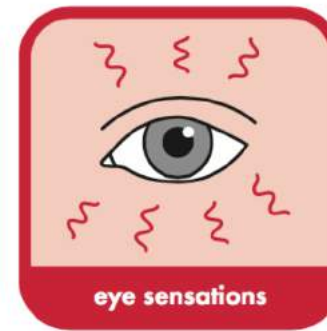
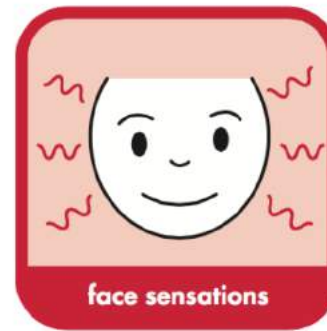


This is the
red-pink cog.



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**

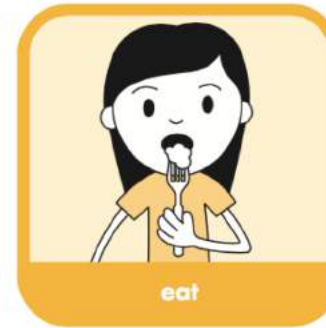
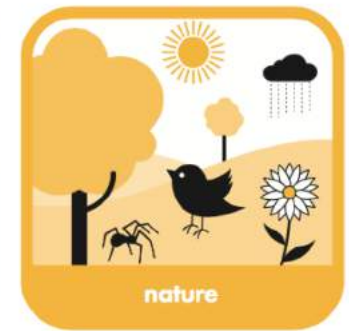
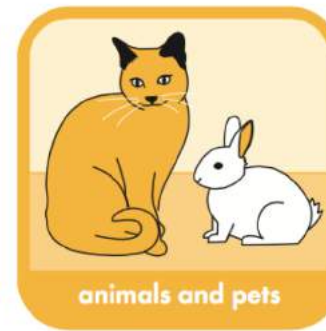


This is the
yellow cog.



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

