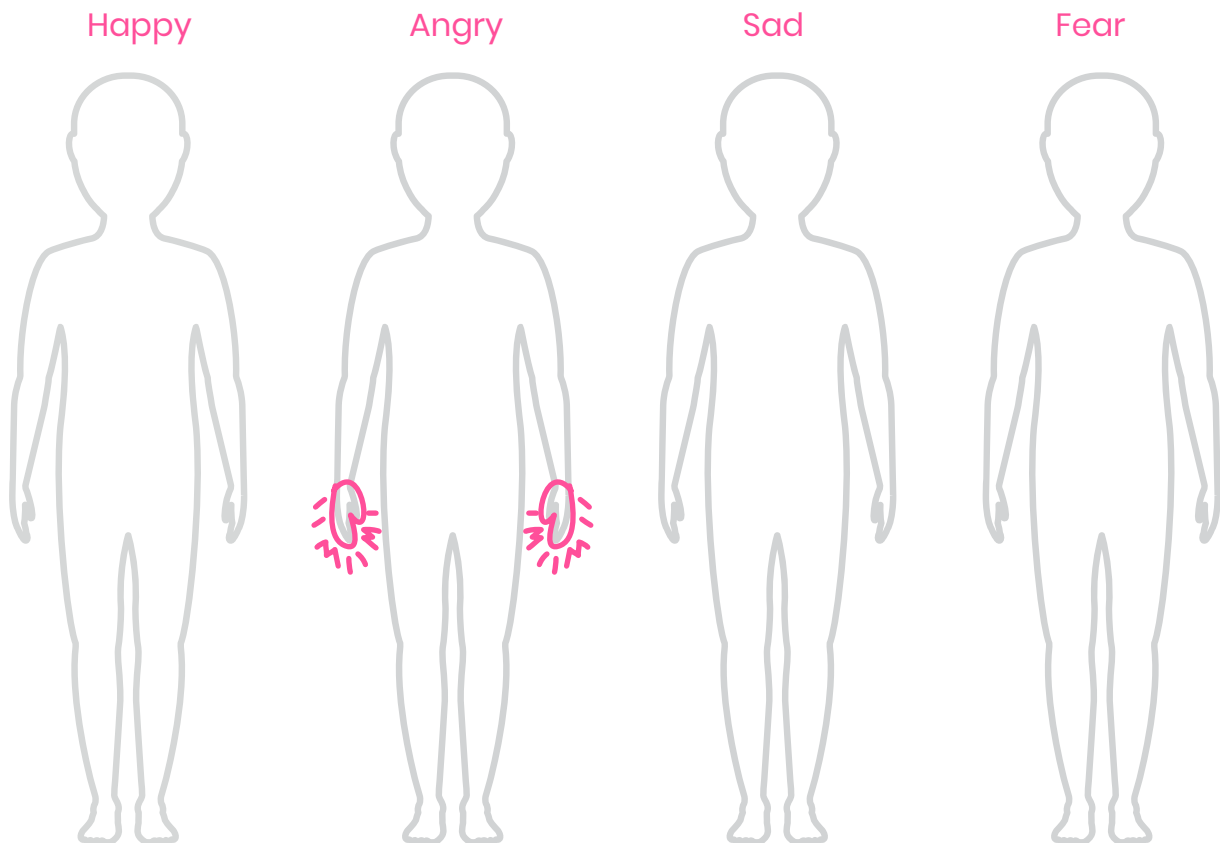


## Big Feelings

Look at the four feeling words below - Happy, Angry, Sad, Fear. What did we learn today about these feelings? Within the outline of the bodies below, mark where you feel those Big Feelings within your body. Use different colours if you like! Show your parent/guardian or a family member.



## Worry Gauge

Show your parent/guardian the Worry Gauge you drew in class, and talk to them about how some worries are bigger than others. Talk to them about the different situations you wrote for 0; 3; 6 and 10. Get them to practice Dragon Breathing with you to blow those worries out like candles on a cake!

