

## GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers
- If you need support after this lesson, speak to a trusted adult for support.

## TASK 1

**What was the first emotion you felt when you woke up this morning?**

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## TASK 2

**Think about the moment you woke up till now. How many emotions can you think of you have felt?**

## **TASK 3**

### **Emotions Questions**

- What times can you remember when you felt a difficult emotion?
- What times can you remember when you felt a good emotion?
- What helped you in that moment?
- What made you happy?
- Who helped you in that moment?
- Who made you happy?

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**DOODLE SPACE**