

How to Use the Feelings Faces and Feeling Words - Teenagers

You probably know some feelings words, but you might not realise how many feelings there are. There are lots of different words that describe feelings. It's good to be able to talk about feelings, because it helps you manage them better. These exercises will help you learn more about feelings.

Here are some ideas of how to use 'Feeling Faces' and 'Feeling Words'. Make up your own too!

- ❖ Take turns with a friend to think of a feeling word (use 'Feeling Words' if you like) and ask the other person to point to the best face for it.
- ❖ Pick out all of the 'good' feelings or all of the feelings that 'don't feel good'.
- ❖ Try and find a face that shows how you feel at different times like:
right now/yesterday/at school/ going to the dentist/doing homework/watching TV/playing outside/doing sums/when someone teases you/spending time with a friend/when a parent says 'NO'/going on holiday/doing a test/going to bed.
- ❖ Close your eyes and pick a face. See if you can remember a time when you felt like it.
- ❖ Copy the faces by looking in a mirror, or taking turns with a friend.
- ❖ Catch yourself with a feeling (good or not good) and choose a face for it. Then choose the best word for it from 'Feeling Words'. Use *google* to find other faces, or draw one of your own. If you're having a feeling that doesn't feel good, choose a face that shows how you would like to feel instead and choose a word for it from 'Feeling Words'.
- ❖ Use the mood/star cards or 'Feeling Words' to match words to the faces.