



Emotions are how we react to things around us. Everyone has emotions.

Words you will learn:



happiness



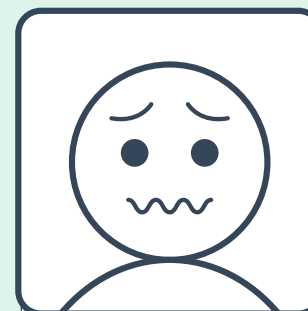
sadness



anger



surprise



fear

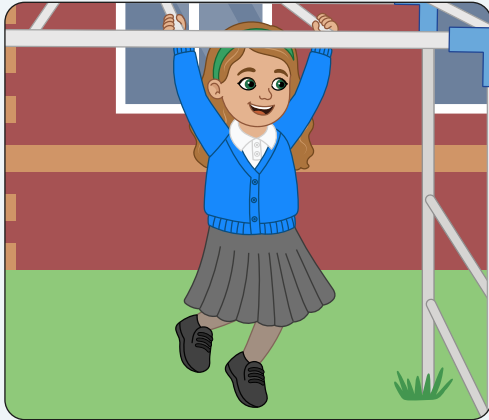


disgust





Face clues and body clues can show us people's emotions.



People can show happiness.



People can show sadness.

We can look after our emotions by doing quiet or gentle activities. This can help us **relax**.



get a hug

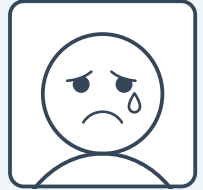


rest



play

Emotions can feel:



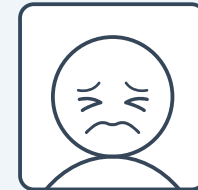
a little

a lot

These can make us:



comfortable



uncomfortable

If you feel upset, tell a **trusted adult**.



A trusted adult is a grown-up we **trust** to keep us safe and happy.