



How I feel about...

Why? It can be helpful to notice, acknowledge, and name our feelings as an initial step to regulate our emotions more effectively.

At times of transition, whether it is back to a school you have been at before, or a new school or college, it is normal to have increased feelings of unease, such as worry or fear.

It's OK...

This activity can help you to think about and name your hopes, worries, and expectations about going back to school or starting somewhere new.

You can choose to do this however feels most comfortable for you!

We have included some suggestions here.

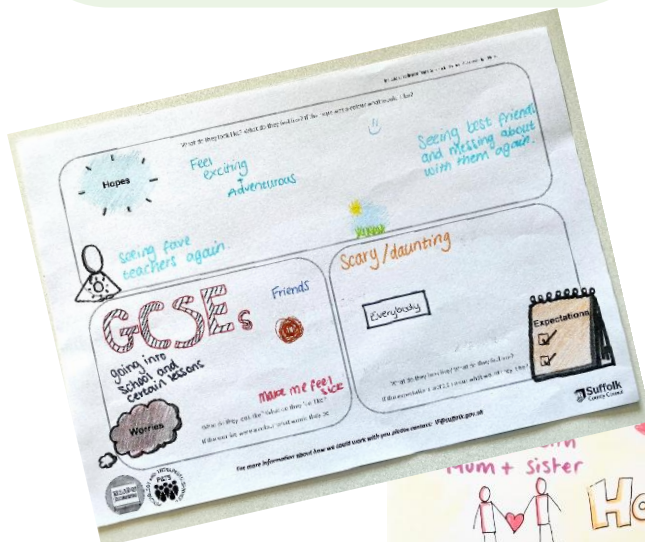


You can choose to use this sheet in lots of different ways:

- Draw pictures or patterns that represent your feelings.
- Write your feelings in words or phrases.
- Use different colours and label them with the feelings you have.
- Create your own on a separate sheet.

Helpful Questions to think about:

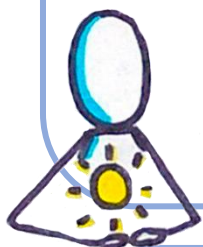
- What do you hope for?
- Do you have a **BIG worry** and/or a **small worry**?
- What do you think it will be like?



For more information about how we work please visit:
www.suffolk.gov.uk/children-families-and-learning/pts/if

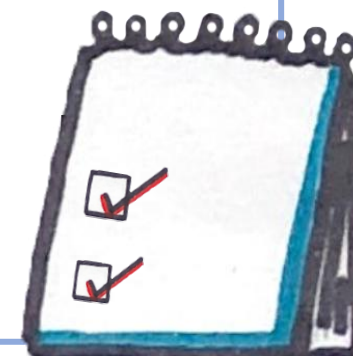
What do they look like? What do they feel like? If the hope was a colour what would it be?

Hopes



What do they look like? What do they feel like?
If the worries were a colour what would they be?

What do they look like? What do they feel like?
If the expectations were a colour what would they be?



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