



Naming Feelings...

Why? It has been found to be helpful to notice, acknowledge and name our feelings to regulate our emotions more effectively.

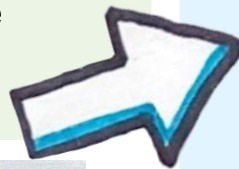
At times of transition, whether it is back to a school you have been at before, or a new school or college it is normal to have increased feelings of unease, such as worry or fear.



This activity can help you to notice how your body is feeling and name any worries or expectations you might have about going back to school or starting somewhere new.

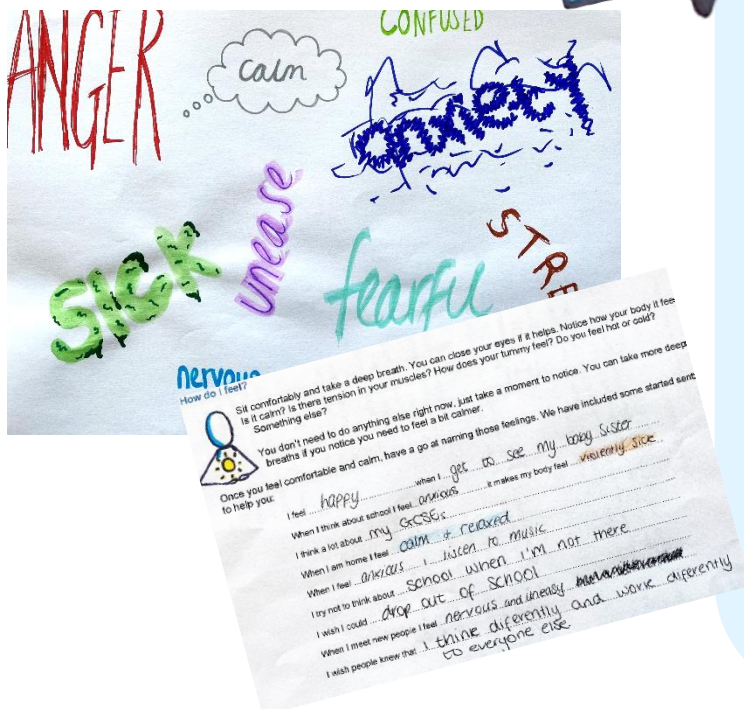
You can choose to do this however feels most comfortable for you!

We have included some suggestions here



You can choose to do this in lots of different ways:

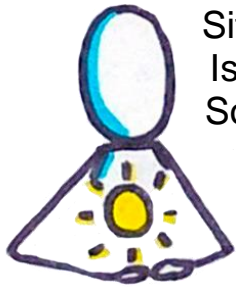
- Use the worksheet to guide you through thinking about your feelings
- Draw pictures or patterns that represent your feelings.
- Write your feelings in words or phrases.
- Use different colours and label them with the feelings you have.



Helpful tip:

Sometimes we need others to notice for us. Those who know you best might be able to help you to stop and notice how you are feeling.

How do I feel?



Sit comfortably and take a deep breath. You can close your eyes if it helps. Notice how your body is feeling. Is it calm? Is there tension in your muscles? How does your tummy feel? Do you feel hot or cold? Something else?

You don't need to do anything else right now, just take a moment to notice. You can take more deep breaths if you notice you need to feel a bit calmer.

Once you feel comfortable and calm, have a go at naming those feelings. We have included some started sentences to help you:

I feelwhen I

When I think about school I feel.....it makes my body feel

I think a lot about

When I am home I feel

When I feel I

I try not to think about

I wish I could

When I meet new people I feel

I wish people knew that

