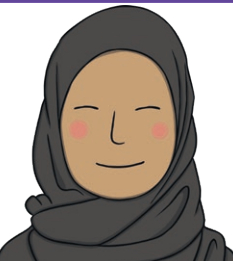
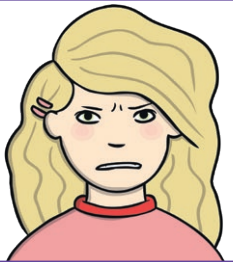


Match the Feeling

Can you match the feeling and its description to the right picture?

How I might look on the outside.



Feeling

Worried

I feel sick and keep looking around hoping someone will help me feel calm.

Nervous

My tummy feels a bit funny and I feel a bit dizzy.

Angry

I feel boiling hot and my whole body feels tense.

Excited

My tummy is jumping and I giggle a lot.

Happy

My mouth turns into a smile and my body and mind feel well.

Sad

The corners of my mouth turn down and tears fall from my eyes.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).