

Reading Feelings

When you have a strong feeling or thought, think about the following steps.

1



What has happened in the lead up to your thought or feeling?

2

How are you feeling?

3

What are you going to say about how you are feeling?



4

What are you going to do with your feeling?

5

Do you need to manage this feeling or are you feeling comfortable already?



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