

# Feelings

These things make me **cheerful** –  
Sunshine on the sea,  
Birthday parties, presents,  
And my favourite food for tea.

These things make me **sad** –  
A grey and gloomy day,  
Unkind words and unkind looks  
When friends just walk away.

These things make me **angry** –  
Pests who pull my hair,  
People who break promises,  
And times when life's not fair.

These things make me **frightened** –  
Thunderstorms that BOOM!  
Crawly bugs and creepy dreams  
And shadows round my room.

These things make me **calm** –  
A smile from a friend,  
Sleepy bedtime stories  
With a very happy end.

# Feelings – pictures and words

Have a think about the questions below and draw or write your answers into the speech bubbles.

What makes me cheerful?



What makes me sad?



What makes me angry?



What makes me frightened?



What makes me calm?

