



Match the face to the feeling

Name: _____

Date: _____



Look at each face. Is the mouth up or down? Are the eyes wide or closed? **Draw a line** from each face to its feeling word. The clue next to each word can help.

A



B



C



D



E



F



G



H

**Scared**

1

The eyes are very wide.

Tired

2

The eyes are closed. Z z z.

Happy

3

The mouth is up in a big smile.

Calm

4

A soft little smile.

Surprised

5

The mouth is a big O.

Silly

6

The tongue is out!

Angry

7

The eyebrows point down.

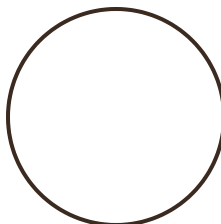
Sad

8

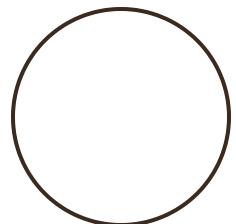
The mouth is down. See the tear?

Bonus: draw the face**Shy**

Pink cheeks, turning away.

**Proud**

Chin up, arms up.





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Big feelings are OK. Every feeling can be helped. Read what happened, write the **feeling**, then write **one thing that helps**. Pick from Robo's help list or think of your own.



Take a slow breath



Ask for a hug



Say "I feel..."



Get a drink of water



Ask a grown-up



Do Dragon Breathing



Freddy

It is nearly Freddy's turn to sing.

Freddy feels _____. **Freddy can**

_____.



Clara

The storm is loud.

Clara feels _____. **Clara can**

_____.



Toby

Toby stayed up very late.

Toby feels _____. **Toby can**

_____.



Rosie

Rosie's block tower fell down.

Rosie feels _____. **Rosie can**

_____.



Me

Now you. Think of a time you had a big feeling.

When I feel _____ **I can** _____.



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Draw **your** face the way it feels right now. Then tick the feeling words that fit. Cut out the **Dragon Breathing** card at the bottom and keep it somewhere you can find it when a feeling gets big.



Draw your face

Today I feel _____

because _____

☐ Happy☐ Sad☐ Angry☐ Scared☐ Tired☐ Surprised☐ Calm☐ Silly☐ Proud☐ Worried☐ Shy☐ Excited

Something that would help me today:

Later, I would like to feel _____

**Dragon Breathing**

When a feeling is too big, breathe with the dragon. Do it three times.

**Breathe in**

1 · 2 · 3 · 4

Breathe in slowly through your nose. The dragon grows big and round.

**Hold**

1 · 2

Hold the air for two counts. The dragon is still.

**Breathe out**

1 · 2 · 3 · 4 · 5 · 6

Blow the flame out gently and slowly through your mouth.
Sssss...



Three dragon breaths. Then say: "I feel calmer now."

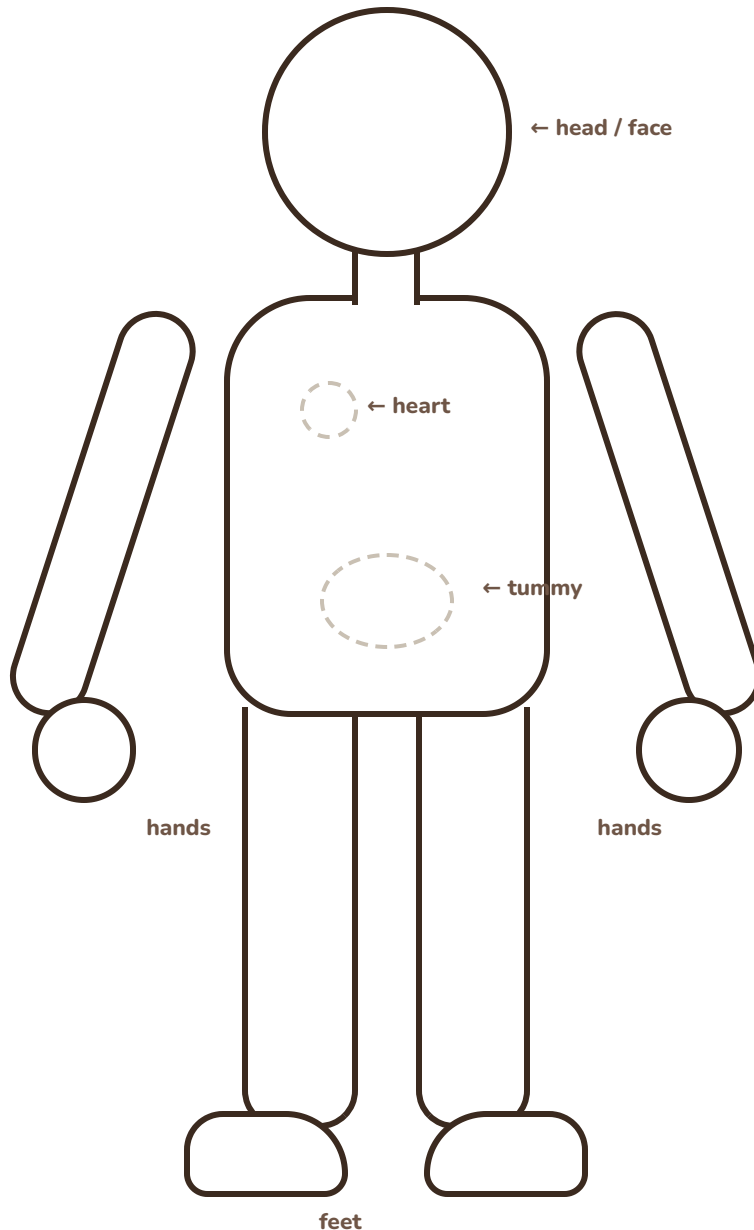


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Feelings live in our bodies too. A worried tummy feels fluttery. Excited feet want to jump. Angry hands squeeze into fists. **Colour** the parts of the body where **you** feel each feeling. Use the colour key.

**Colour key****Worried**

blue • fluttery, tight or wobbly

**Excited**

yellow • bouncy, buzzing, jumpy

**Angry**

red • hot, squeezed, stomping

**Calm**

green • soft, still, relaxed

**Scared**

purple • fast heart, shaky

When I feel worried, my_____ feels
_____.**When I feel excited, my**_____ feels
_____.

Toby says: "Noticing a body clue is the first step. Then take a dragon breath."



Answer key

Page 1: Match the face to the feeling

1. A 😊 → 3 Happy
2. B 😞 → 8 Sad
3. C 😡 → 7 Angry
4. D 😱 → 1 Scared
5. E 😴 → 2 Tired
6. F 😲 → 5 Surprised
7. G 😊 → 4 Calm

8. H 😜 → 6 Silly

9. Bonus: Shy 🙈, Proud 😊 — any drawing that shows the clue.

Pages 2–4

Open pages: answers will vary. Look for a feeling word that fits the scene, and a helpful idea (breath, hug, words, water, grown-up) rather than an unkind one.