

WELCOME
TO YOUR

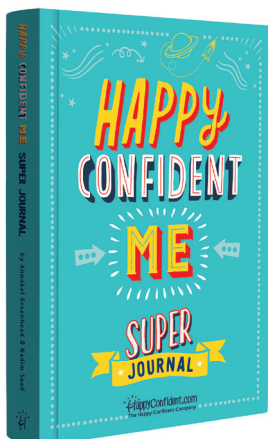


HAPPY CONFIDENT ACTIVITIES



ENJOY YOUR HAPPY CONFIDENT ACTIVITY SHEETS
WITH ALL THE FAMILY.

LEARN TO BE CONFIDENT, STRONGER, CALM & HAPPIER.



For more activities visit our website to check
out our daily journals, online courses and join
the Happy Confident Club.

 **HappyConfident.com**
The Happy Confident Company

FEELING YOUR FEELINGS

In just one day we have **LOADS** of different feelings... and when we can identify them, it can really help us feel **BETTER**.



“WHAT AM I FEELING?”

Some feelings are easy to recognise, when we're happy we smile, we laugh, we feel **SUPER-RELAXED** or **EXCITED**.

When we feel **YUCKY**, it can be harder to recognise what sort of yucky we're feeling... hard to name that emotion or even talk about it.

Are we **ANGRY**, **FRUSTRATED**, **SAD** or **UPSET**? It takes **LOADS OF PRACTICE** to understand and tune in to our feelings and work out what they are.

Have fun with these games or create your own using the cards and share it with us on Facebook.

GAMES TO PLAY

Cut out your feelings cards (to make them more solid try gluing the sheet on to and opened out cereal box, old packaging from deliveries etc)

Game 1: REVEAL HOW YOU FEEL

- ★ Put all the cards face down in a pile on the table.
- ★ Take it in turns to select a card from the top and using the line "I feel this when _____" the other players have to guess what feeling you're trying to express!
- ★ Whoever guesses the feeling gets to keep your card.
- ★ Whoever has the most cards collected at the end wins.
- ★ You can play in rounds or teams.

Game 2: ACTIONS SPEAK LOUDER THAN WORDS

- ★ Put all the cards face down in a pile on the table.
- ★ Take it in turns to pick up a card and look at the feeling.
- ★ Act out the emotion, without using words.
- ★ Whoever guesses the feeling gets to keep your card.
- ★ Whoever has the most cards collected at the end wins.
- ★ This game can be played in teams.



ANNOYED



CURIOUS



SURPRISED

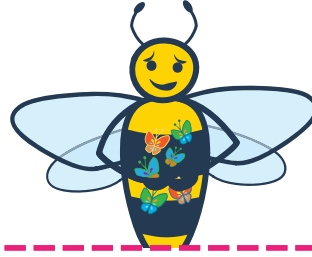




ANGRY



NERVOUS



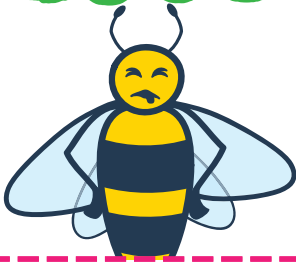
SCARED



OVERWHELMED



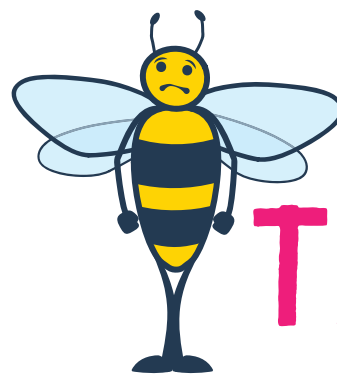
DISGUSTED



GUILTY



DISAPPOINTED



TENSE





BLANK GAME CARDS



Design your own cards using the templates below.

