

How are you feeling today?



HEALTHY NUGGETS FOR A HAPPY CHILD



Nugget One: About Me

chapter

2

I'm Feeling...



Seeing red, feeling grrr
Feeling sad, feeling blue?
Feelings come, feelings change,
they're always on the go
Do you let your feelings show?
Hey, how do you know?
Scared, sad, mad and not too glad?
Nah, it's not that bad.
Not to worry,
Tell somebody...
Yeah!



Hey Children,

What do you think of the above poem? Ever felt like you're riding on an emotional roller-coaster? That means, one moment, you feel like you're soaring high into the big, blue sky and the next, you feel that you are out of control and spiralling all the way down into a bottomless pit.

Wheeeeeeee

Source:

http://www.rivervalepri.moe.edu.sg/wbn/slot/u1724/others/Rivervale_SelfHelpKit_View.pdf

It is natural to laugh when you feel happy. It is okay to cry when you feel sad. **It is important to know how you are feeling and why you are feeling that way.** Sometimes, it may not be easy to understand your feelings.

Feelings are not permanent; feelings change. **The better we know about our feelings, the more we know about ourselves.** It is also important that we learn to express our feelings in ways that are helpful to us and others.

Source:

http://www.rivervalepri.moe.edu.sg/wbn/slot/u1724/others/Rivervale_SelfHelpKit_View.pdf



Alfred & Shadow

A short story about emotions

Written by psychologist Anne Hilde Vassbo Hagen,
with love and support from Dr Leslie Greenberg.

Source: <https://www.youtube.com/watch?v=SJOjpprbfeE>

**Alfred, the Owl is in love and he feels glad.
At other times, he may be feeling mad (angry), scared, sad and lonely.
His good friend, Joy supports him in his constant fight against Shadow.**

**What are emotions and
how do they work?**

**Watch the video.
And you may discover something new about your own emotions (feelings);
how you can express these feelings and manage them.**

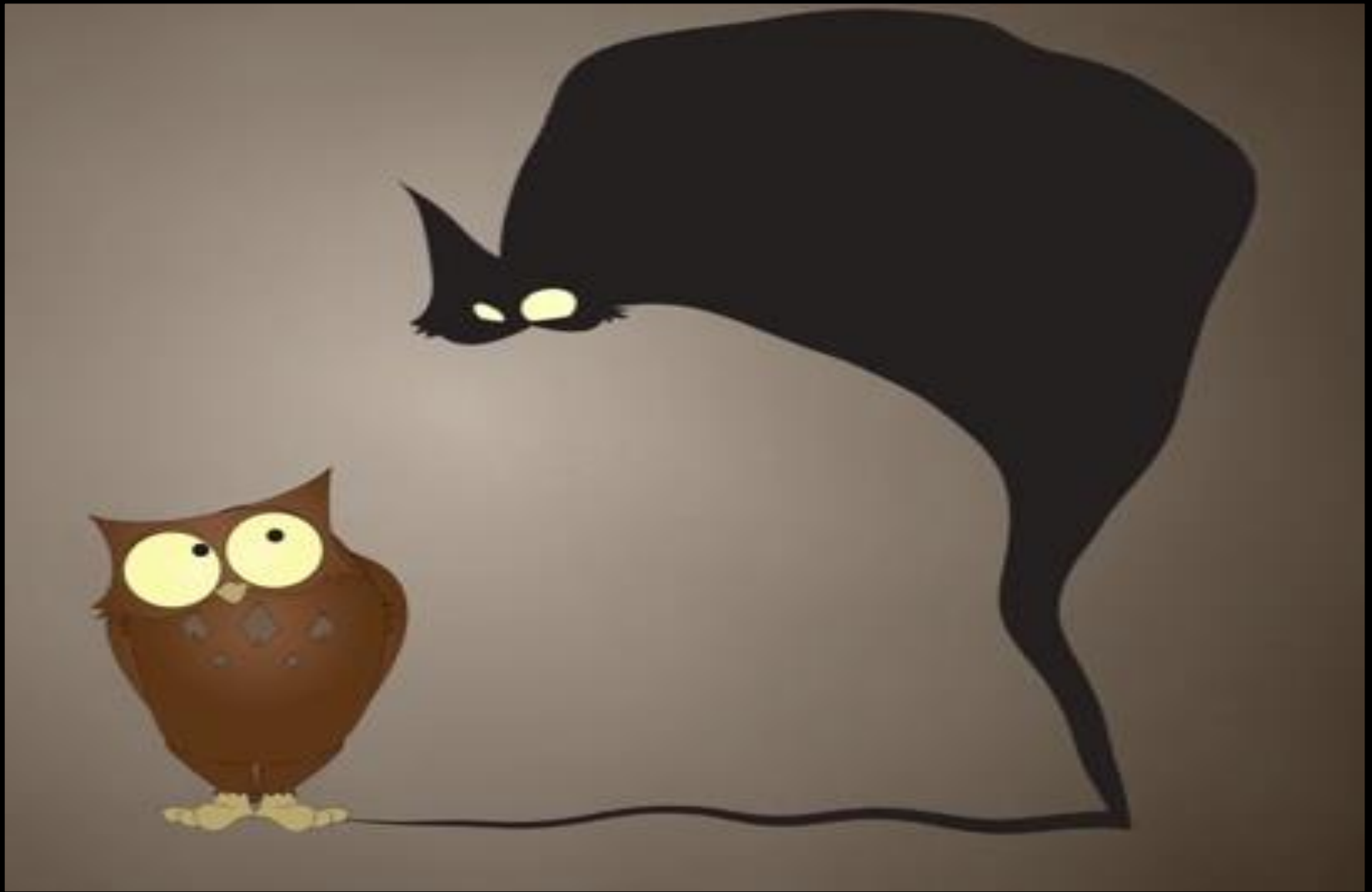
Enjoy.



**Emotions are often feared and avoided because they are so painful.
So why focus on emotions?**



**Emotions tell you what you need.
And you can take actions to meet those needs.**

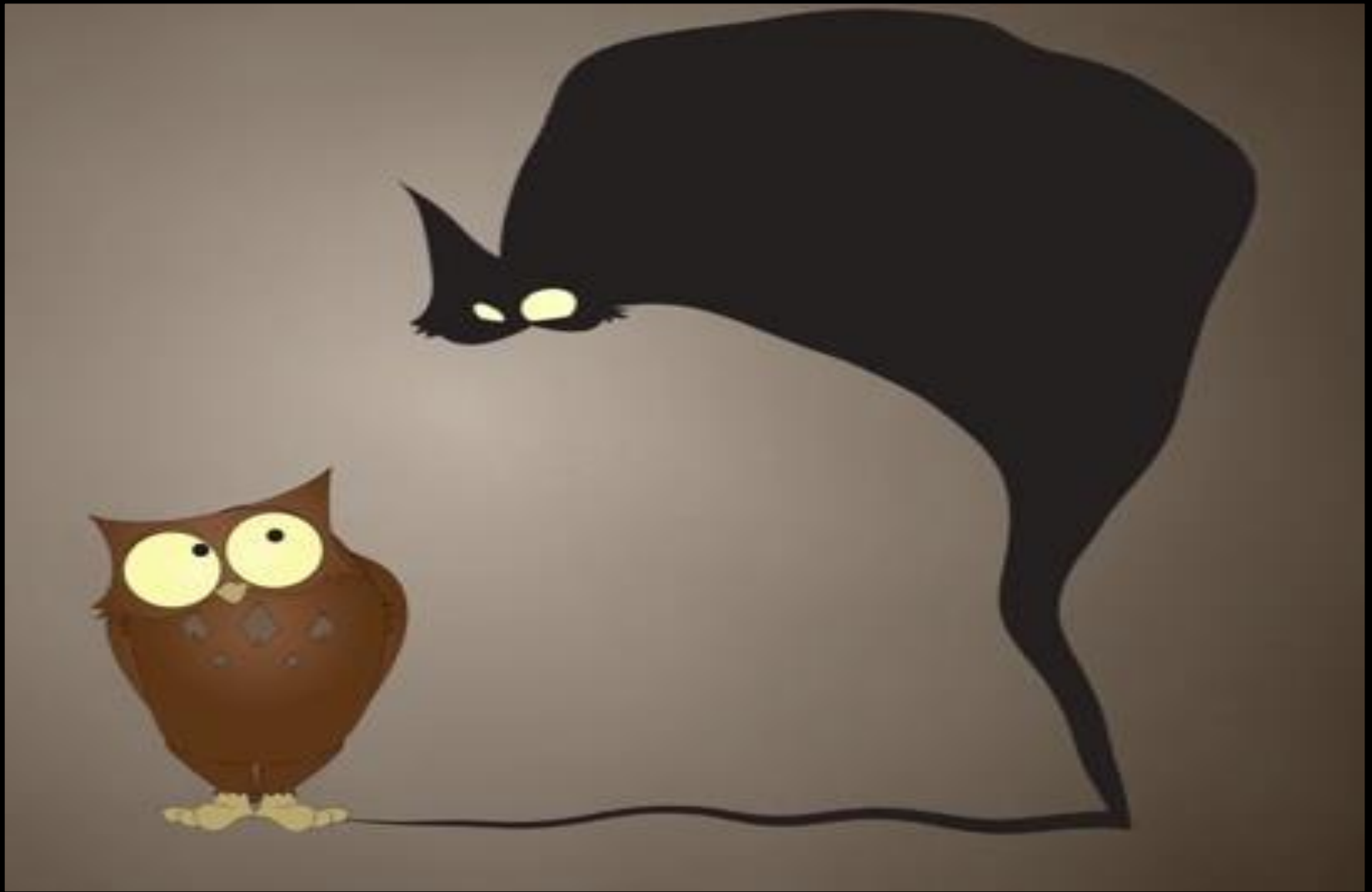


All your negative experiences can turn into a big, black and scary feeling inside.

Don't be a baby!



Your black shadow would sometimes resemble a person who has hurt you in the past.



You can stand up against this big, black and scary shadow.

SHAME

HAPPINESS

FEAR

SURPRISE/
INTEREST

SADNESS

ANGER

DISGUST



**Attend to your emotions;
Talk about and show your real emotions;
Deal with them even if they are painful.**



**You can manage your emotions better with the support of another person.
You are not alone.**



Talk to your **school counsellor** and find out more about your feeling:
glad, sad, mad, scared and many more.