



Good to be me

Knowing our feelings

Take it in turns to choose a feeling card. You should say one thing that makes the other person feel that way. Check your answer. For example, if you are the parent or carer, and you pick a happy card, you should say what you think makes your child happy. The child should say whether this is right. If not, they should say something else.

All members of the family can take it in turns to play this game. They should say one thing that makes each member of the family feel that way.

happy	angry	sad	scared
jealous	surprised	excited	worried
relaxed	delighted	pleased	happy
sad	angry	proud	bored

If you like, draw pictures on the cards.