

Kimochis

toys with feelings inside



HAPPY



SAD



MAD



BRAVE



EMBARRASSED



FRIENDLY



SORRY



DISAPPOINTED



FRUSTRATED



SILLY



HOPEFUL



LEFT OUT



EXCITED



JEALOUS



CURIOUS



CRANKY



SENSITIVE



PROUD



INSECURE



GRATEFUL



LOVED



GUILTY



UNCOMFORTABLE



SHY



HURT



SURPRISED



SCARED






KIND

Everyone experiences emotion, it is normal.

When we are distressed it can feel like our brain has been hijacked, we cannot think straight and the distress feels very intense.

The emotion can be overwhelming and we struggle to manage the emotion and respond well to the situation.

Every emotion carries an urge to act. Next time you feel an emotion, name it first and then decide what to do with it before acting on it.

Emotion	Thoughts	Body reactions	Behaviours
 ANGRY AND UPSET	Unfair	Fight	Fight Run Argue Shout
 ANXIOUS AND WORRIED	Danger	Run	Avoid Run
 SAD	Hopeless	Withdraw	Do less Cry Isolate Think about sad things