

Understanding my emotions workbook

for secondary
aged children



Aims and goals:

- I can recognise different emotions and begin to describe them.
- I can understand how different emotions affect me.
- I can understand how emotions affect others.
- I can understand that different emotions are normal and that I can learn strategies to change uncomfortable emotions.

Introduction to Cognitive Behaviour Therapy (CBT)

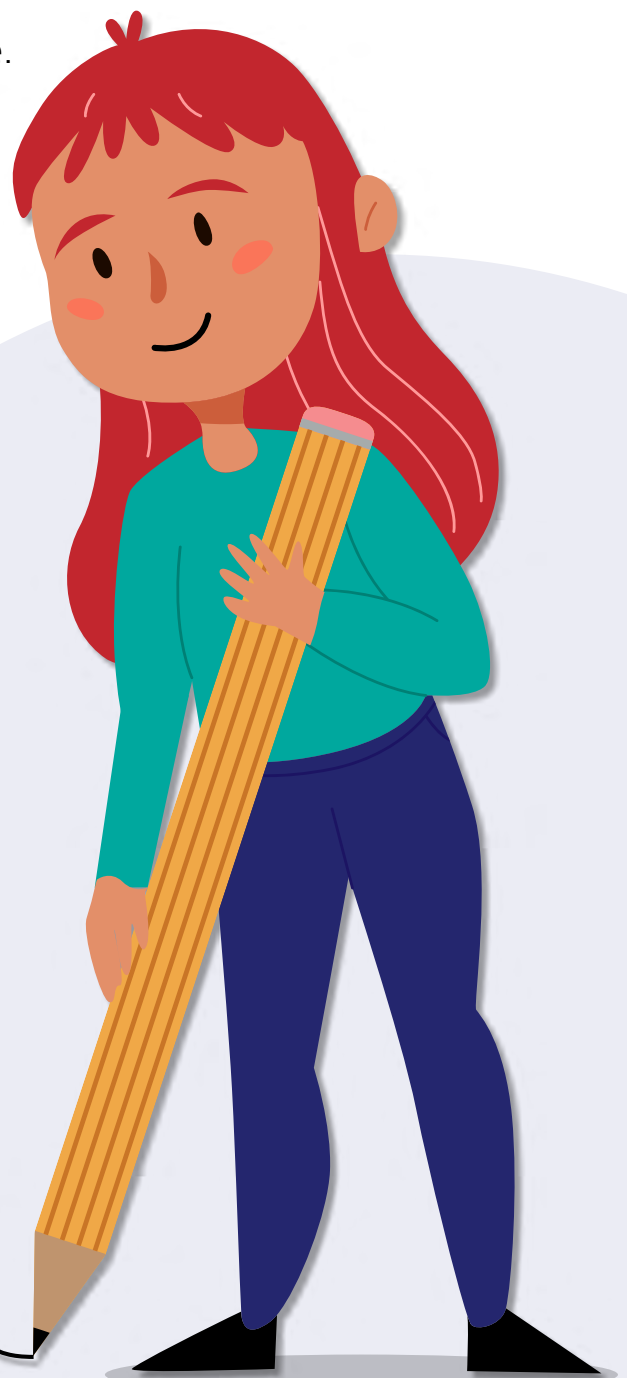
This workbook can help young people learn to take care of their own mental health using cognitive behavioural therapy (CBT), which will help children to break unhelpful thought patterns that may be making them feel more anxious or sad.

CBT is a type of talking therapy that has been proven to help people of all ages to focus on how thoughts and emotions can affect our behaviour.

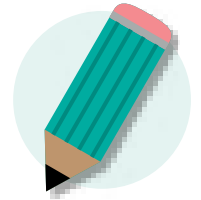
Throughout the book there are exercises (where you see the pencil diagram) for you to complete.

If you feel at any time that you need a higher level of support, please see the numbers at the back of this workbook or contact your GP or school nurse

If you are having any thoughts of hurting yourself please tell a safe adult immediately.



How am I feeling today?



This workbook is all about understanding your emotions and the emotions of the people around you. Let's start with a quick check in to see how you are feeling today.

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school, friendships and home.

Mood

1 2 3 4 5 6 7 8 9 10

School

1 2 3 4 5 6 7 8 9 10

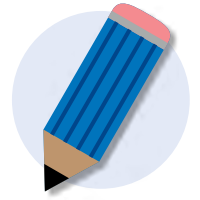
Friendship

1 2 3 4 5 6 7 8 9 10

Home

1 2 3 4 5 6 7 8 9 10

My understanding of emotions



To begin with, it is important that we find out what we currently understand about emotion.

There are no right or wrong answers and hopefully this workbook will help you to become familiar with anything you are unsure of.

Tick the box that matches your answer.

Question	Answer
Do you know what emotions are?	
Do you know how emotions affect you?	
Do you understand how emotions affect other people?	
Do you know how to control uncomfortable emotions?	

What is an emotion?

An emotion is basically how we react to what happens around us and to us. Take watching a film, for instance; it can make us feel all sorts of things like fear, sadness, relief, or excitement. It's like a real emotional rollercoaster!

Some theories suggest that emotions are something humans picked up along the way to help us deal with different situations in our lives.

Imagine you come face to face with a sabre toothed tiger; your brain would kick into action, sounding alarm bells, and you'd definitely feel scared and would want to run away. That's why emotions are super important for keeping us safe.

It's worth noting that how we feel can change a lot based on our mood, temperament, and personality. One day you might feel cheerful, and the next you might be a bit down in the dumps. The one thing we can be sure of is that we definitely recognise emotions when we experience them, or, more accurately, when we feel them!

Whether you're laughing, crying, or feeling on edge, emotions play a big part in our daily lives.

This is a great clip to watch to understand more about your emotions:



Scan me



'Inside Out' get to know your emotions
www.youtube.com/watch?v=nEUzQ7yL9A0



Why is it Important to Understand Emotions?

Understanding our emotions is really important because it helps us deal with them effectively.

When we don't know why we feel a certain way, it can be quite frightening. Getting to grips with our emotions makes it easier to talk about how we feel, which is good for both our mental and physical health.

When you're aware of your own feelings, you also start to understand what others might be going through. This can help you build stronger relationships with friends and family.

So, whether you're feeling happy, sad, angry, or confused, remember that understanding your emotions is the first step to feeling better and getting closer to those around you.

It's all about making life a bit easier and more enjoyable!

When you can empathise with someone else's emotions, it creates a deeper connection.



Understanding Your Emotions

We're all different, and that means we all have unique experiences and feelings. Throughout the day, you might feel a mix of emotions, some good, some not so great.

Growing up can be tricky; your body and emotions are changing all the time. You might find yourself with strong opinions on things that matter to you or feel excited about what's to come as you discover new interests.

But remember, not every change feels great. You might feel worried, angry, or lonely at times, and that's completely normal. It's really important to keep in mind that you're not alone in this.

There are people who care about you and understand what you're going through.

If you ever feel overwhelmed, don't hesitate to talk to a trusted adult. They're there to help you navigate these feelings, so don't keep it all bottled up!

Remember,
everyone is
different!



Why do my emotions change so rapidly?



You might be wondering why your feelings seem to shift so quickly. Well, there are a few reasons, especially as you're growing up.

First off, hormonal changes from puberty can mess with your mood. Your body is pumping out hormones that are responsible for all sorts of changes, and sometimes they can make you feel on edge or super emotional.

Then there's the anxiety that comes with all these physical changes. It's completely normal to worry about how you look. You might feel like you're changing faster or slower than your friends, which can be pretty stressful.

Also, don't forget those sudden growth spurts! They can make you feel drained and a bit grumpy at times. Your body is working overtime to keep up with everything that's happening, and that can take its toll. As you're getting older, you probably want to be more independent, and that's a big change too. You might be looking for fun things to do without your family around.

Lastly, there's the desire to figure out who you are. Whether it's through music, clothes, or hobbies, it's all part of finding your own unique identity. And that's a process, which can bring about a whirlwind of emotions!

Can you think of anything else that affects your mood?

How easy was it to list emotions?

1

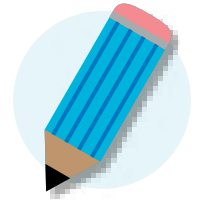
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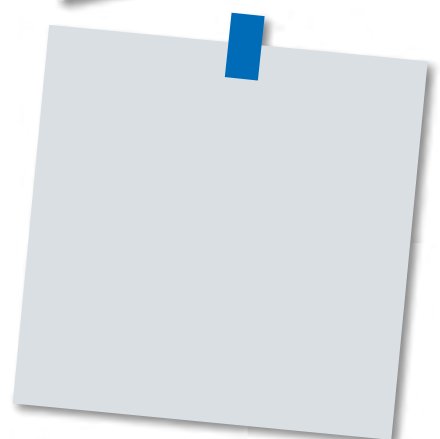
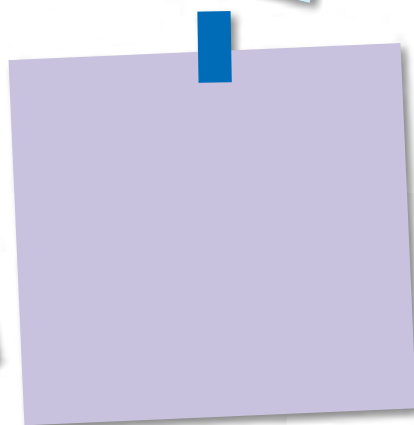
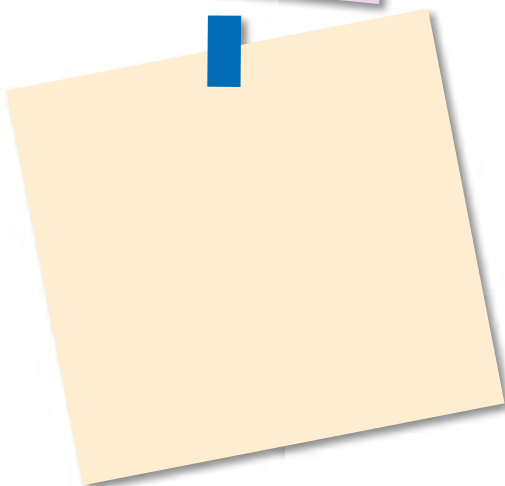
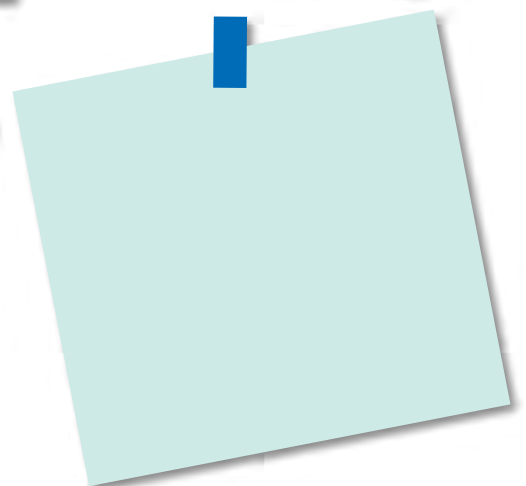
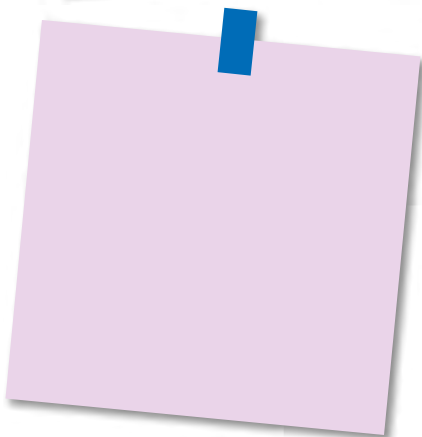
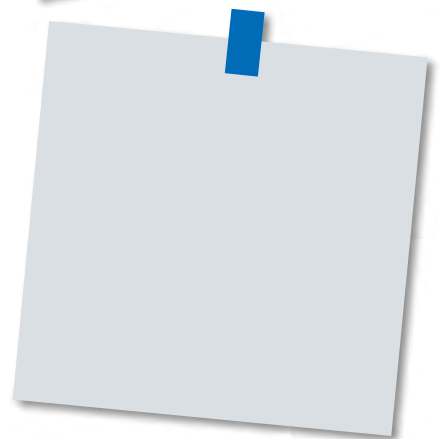
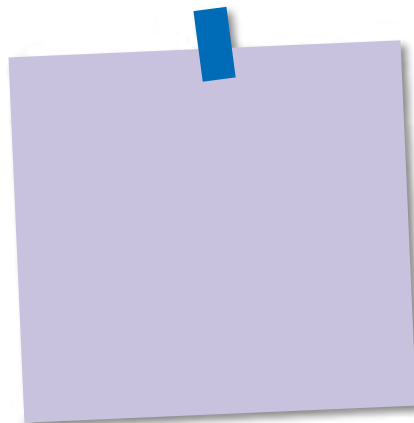
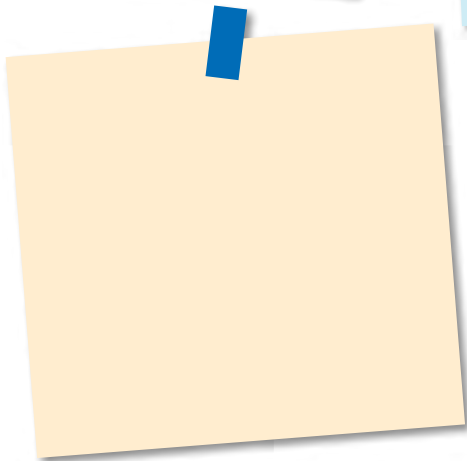
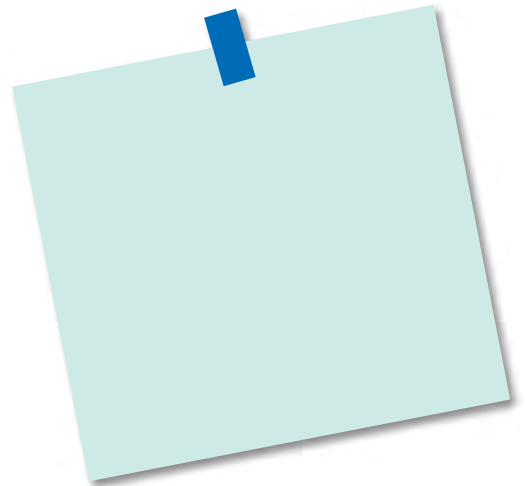
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5

Identifying Your Emotions



Can you list some different emotions/feelings on these sticky notes. Here are a few to start you off.



How do you feel?

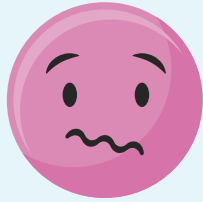


On the next 2 pages there are different emotions. All of the emotions are normal, and we will all feel them at certain points in our life.

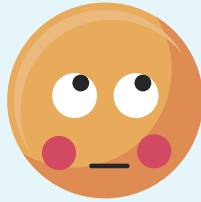
Can you circle any of the emotions you have felt or may be feeling today?



Angry



Anxious



Ashamed



Bored



Bashful



Confident



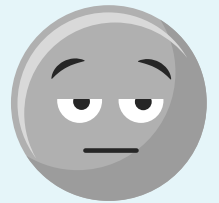
Confused



Cool



Determined



Disappointed



Disbelief



Discouraged



Disgusted



Enraged



Envious



Exasperated



Excited



Exhausted



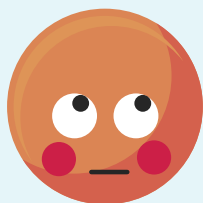
Fear



Frustrated



Grief



Guilty



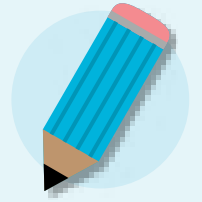
Happy



Hopeful



Sorry



Horrified



Hurt



Indifferent



Jealous



Joyful



Lonely



Loved



Miserable



Negative



Optimistic



Overwhelmed



Peaceful



Perplexed



Proud



Regretful



Relieved



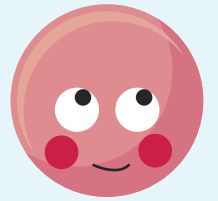
Sad



Scared



Shocked



Shy



Silly



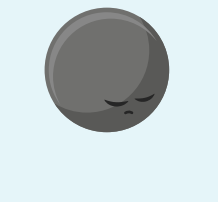
Surprised



Suspicious

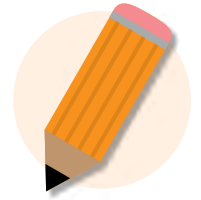


Thoughtful



Withdrawn

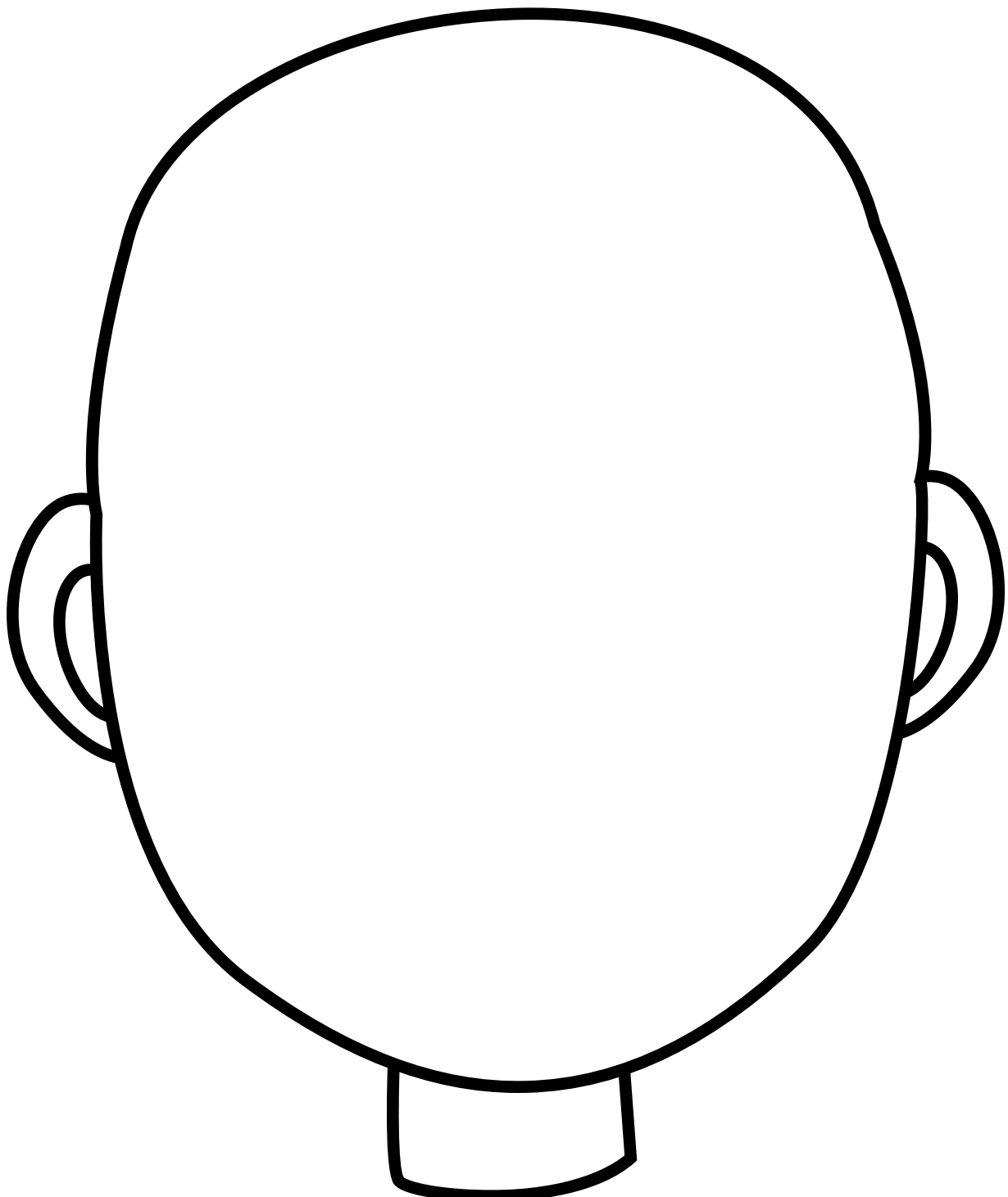
How my emotions affect me



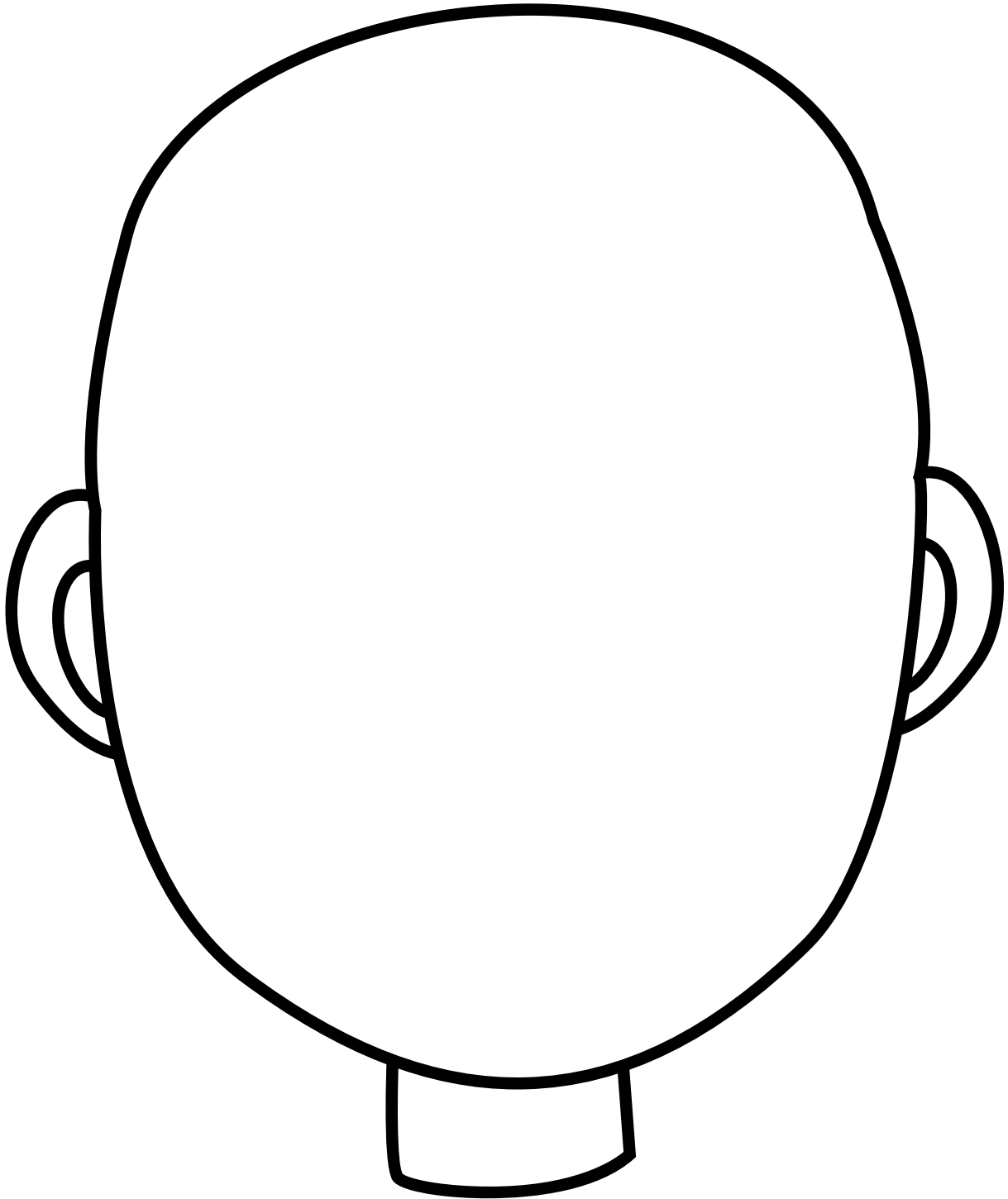
Emotions are more than just words or pictures.

When we feel a certain way, we may notice changes in our body, the way we think and even the different things that we do. Although everyone is different, we tend to show our feelings in a similar way.

Can you draw below your facial expression when you feel one of the emotions above?



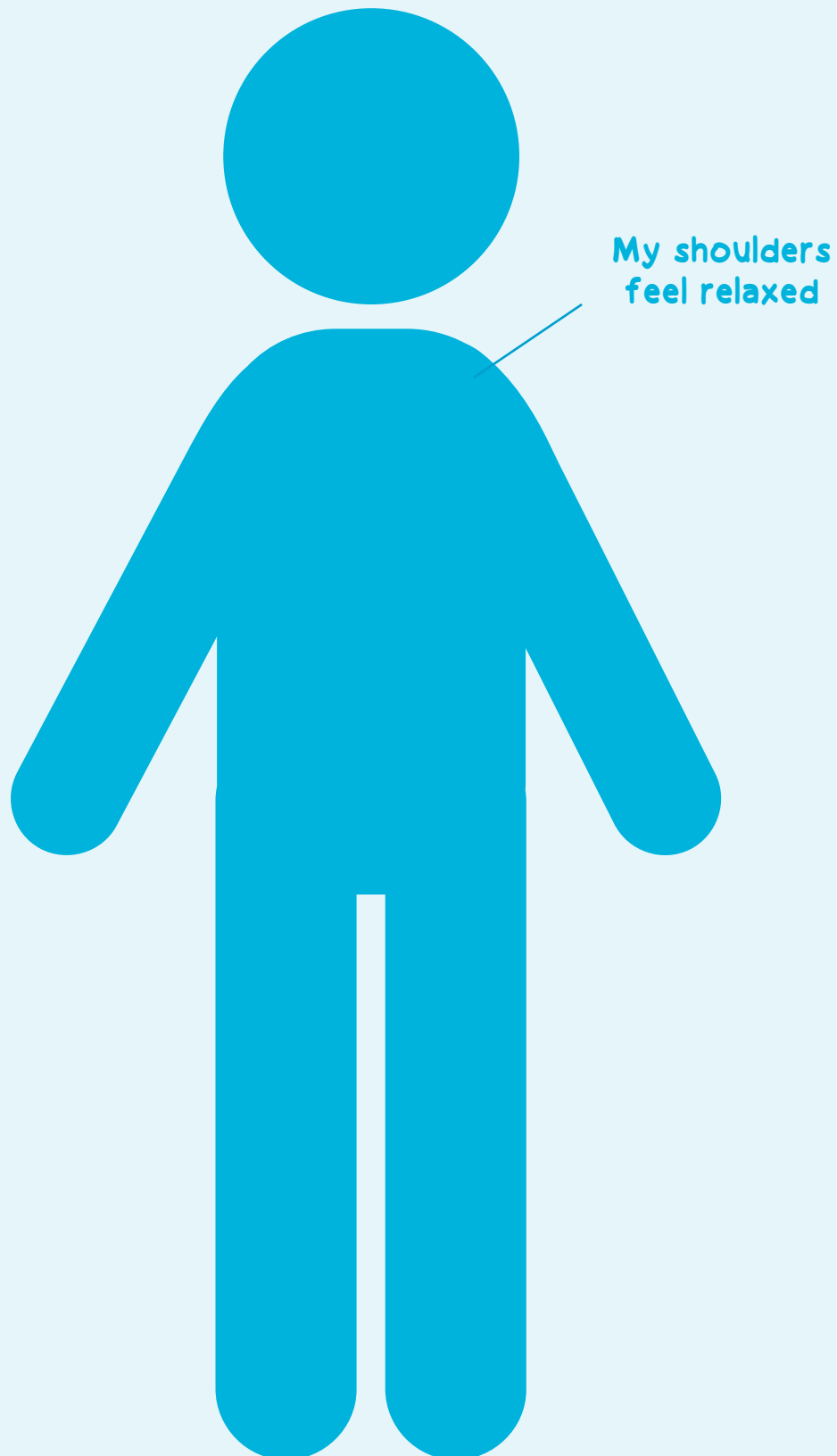
Now draw your face again and label some changes you notice when you feel happy, for example, feeling warmer, smiling more, eyes crinkling.



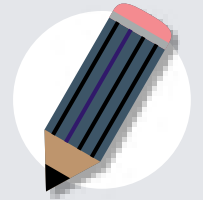
Body Sensations



Imagine this body outline is your body.
Label on your body how it feels when it is happy.
For example, Lighter, shoulders relaxed.



Emotions in my mind



That's how emotions show in our body, but how about in our mind?

What sort of thoughts run through your mind when you are happy?

Tip. Thoughts are the words or sentences you might say to yourself.

For example, Today is a really great day.

Today is a really
good day!



Exploring my emotions



Use the diary on the next page to help you pay attention to your feelings over the coming week or the previous week.

1. Think back on what you have done that day.
2. Circle how you were feeling during the event.
3. Think about the event and ask yourself what thoughts you had, how your body felt and what you did. This will help you understand your feelings better.

Here are some examples of how you might fill your diary in.

What was I doing?	How I felt? Circle the closest to how you feel				How did I know I felt this way? What was I thinking? How did my body feel? What was I doing?
Playing netball in school	Happy	Neutral	Worried	angry	I'm bad at this, people are staring at me! I felt tense and shakey. My heart is racing. I can't concentrate on the game.
Visiting my nana	Happy	Neutral	Worried	angry	I love my nana, she is so funny and made me a cake! I feel relaxed and safe. I feel calm.



My emotions diary

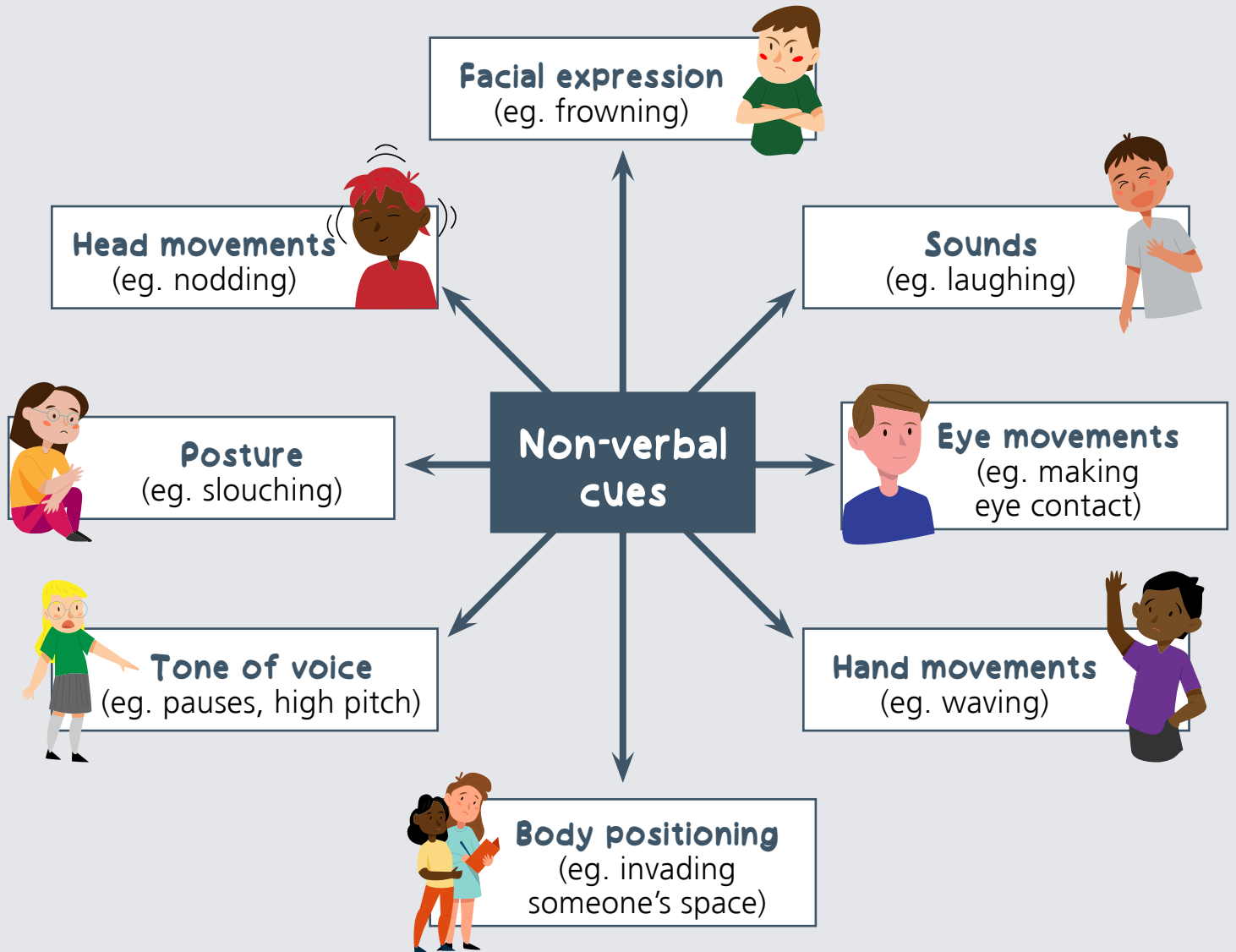
What was I doing?	How I felt? Circle the closest to how you feel				How did I know I felt this way? What was I thinking? How did my body feel? What was I doing?
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	
	Happy	Neutral	Worried	angry	

Helpful questions



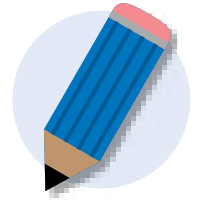
We can also use non-verbal communication to express our emotions.

Often, the way we can tell how we feel is based on what we do. Non-verbal means we show how we feel rather than saying how we feel. For example, instead of saying, "I feel angry", you might pace round the room and clench your fists.



Can you write down any non-verbal cues that you feel you might show?

How would I feel?



Can you think of two different times when you have experienced two different emotions?

①

②

Can you think of one positive and one negative emotional situation? For example, coming first in a race could make you happy. Getting a low mark in a test could leave you sad. These may include situations where you felt anger, worry, happiness, excitement, pride, jealousy, envy and/or empathy.

①

②

Answer the questions on the following pages about each of these emotional situations.

You could write down your answers or discuss them with an adult or a friend.

Once you have completed the questions for both emotional situations (positive and negative), then try to talk about any similarities or differences that you notice.



My positive emotional experience

1 Describe what happened

What caused the situation?

Who was there?

What did people say?

What did people do?

2 How did you feel when the situation was happening?

What feelings did you experience?

What do you think your body language told other people?

3 On a scale of 1 to 10, with 1 being the weakest and 10 being the strongest, how strong was the emotion you were feeling?

How do you know it was that score?

4 What do you think your effect was on the other people involved?

How do you think other people felt?

How do you know they felt like that?

What did their body language show you?

5 What was the effect on you after the event had finished?

How did your body feel physically?

How did you feel emotionally?

6 What would you change about the event or situation to make it more positive, if it isn't positive already?

My negative emotional experience

1 Describe what happened

What caused the situation?

Who was there?

What did people say?

What did people do?

2 How did you feel when the situation was happening?

What feelings did you experience?

What do you think your body language told other people?

3 On a scale of 1 to 10, with 1 being the weakest and 10 being the strongest, how strong was the emotion you were feeling?

How do you know it was that score?

4 What do you think your effect was on the other people involved?

How do you think other people felt?

How do you know they felt like that?

What did their body language show you?

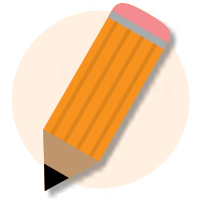
5 What was the effect on you after the event had finished?

How did your body feel physically?

How did you feel emotionally?

6 What would you change about the event or situation to make it more positive, if it isn't positive already?

Understanding other people's emotions



If we understand our emotions better, we can understand better how others feel. This can help us to develop better relationships and to help others.

Read the following statements and scenarios and then decide what you think the person might be feeling and why they might be feeling this way.

There are no right or wrong answers, it is your decision.

It is Tom's first day at secondary school and he does not know anybody else.

Yesterday, Oliver had an argument with his best friend. He will be seeing him later at football.

Holly has just moved to a new house and is deciding how to decorate her bedroom.

Amirah has finished her exams and now has a two week holiday.

James has just got home from school and his parents have told him that his grandma has died.

Abdullah has been training every night but found out today that he didn't get a place on the athletics team.

In the dinner hall, Lucy slipped and fell over. As she tried to get up, people started laughing at her.

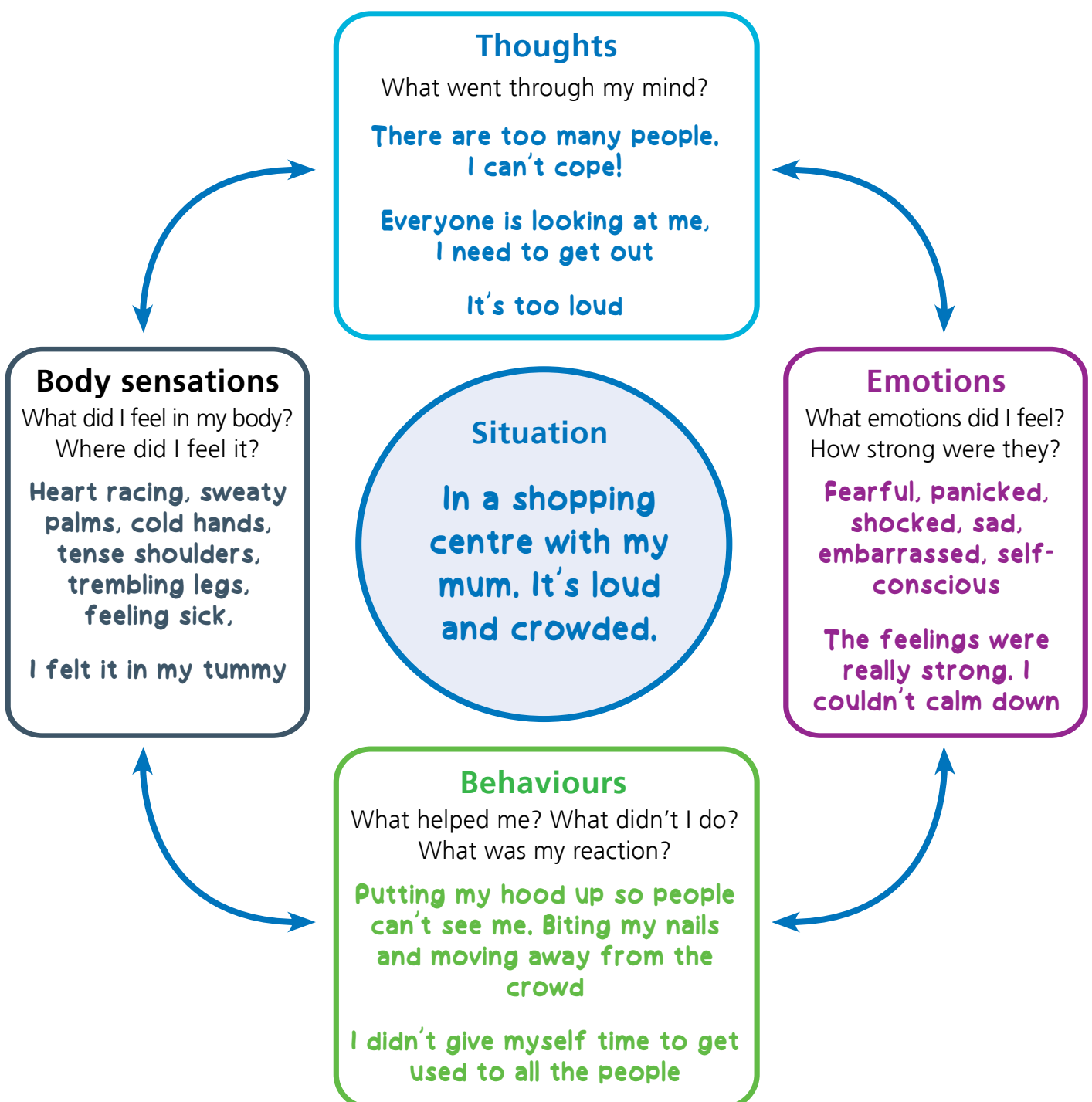
Kasper has been to an after school club and is walking down the road to wait for the bus. As he waits, it starts to get dark.

Dealing with uncomfortable emotions

Some emotions such as anxiety or anger can be difficult to deal with. Everyone has experienced anxiety.

Anxiety can affect how you think, how you feel, how you behave and the sensations you feel in your body. When all these areas start to feed into one other, this can keep our worries in our mind and makes it harder to break out of the cycle. This is what we call a vicious cycle of worries.

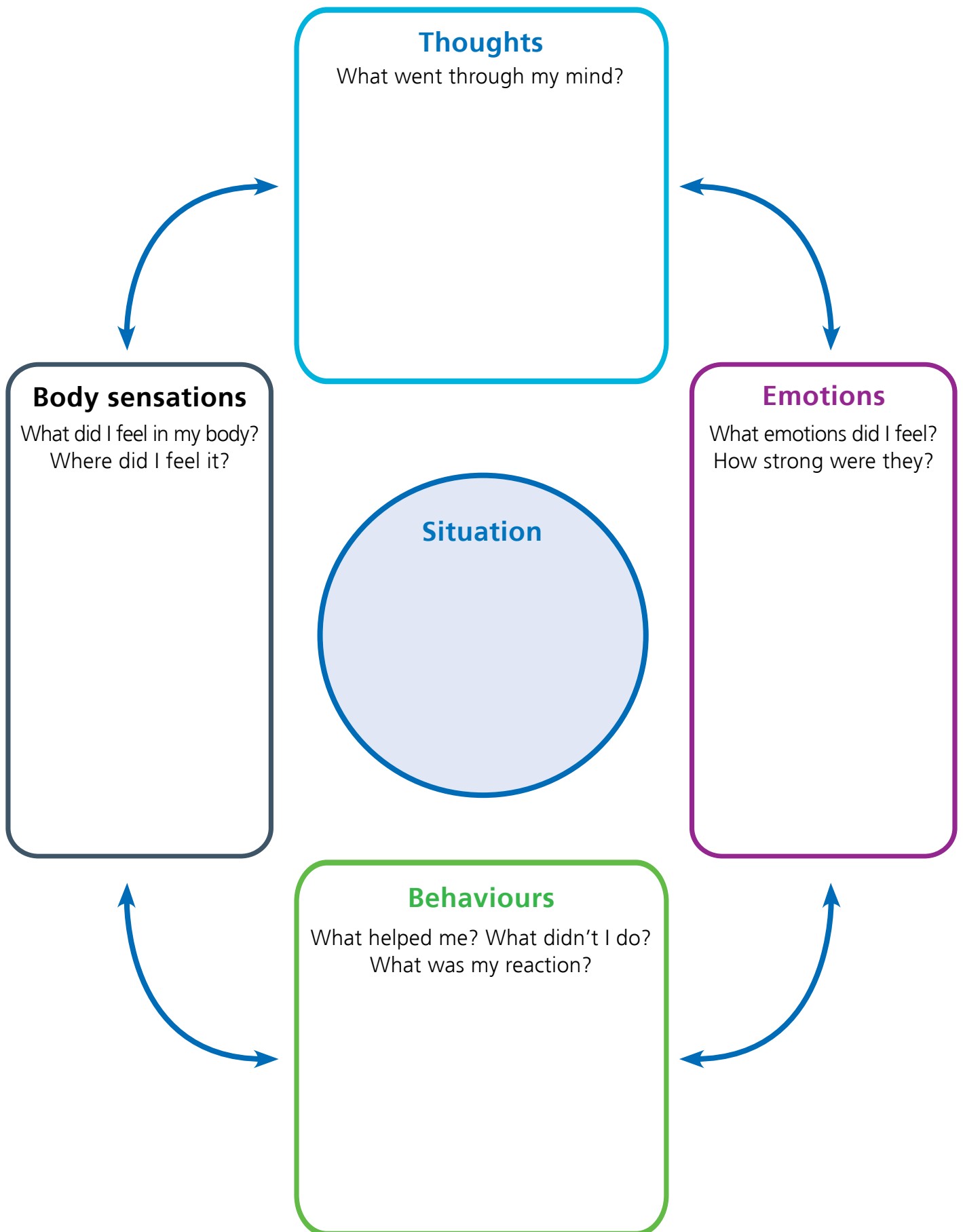
The way we feel can influence our behaviour. If we feel nervous, anxious or upset we might behave in a different way to how we would normally.



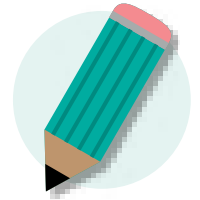
My cycle of worries



Fill in your cycle of worries for something that has happened to you recently.



How am I feeling today?



We all feel anxious and can worry, however, if you think you are worrying more than you would like or don't know how to cope with this emotion, we can help you. We have workbooks that explain why you may feel anxious and how you can help yourself deal with worry.

Sometimes it can be that we find it difficult to deal with emotions such as anger. We can also help with this. We have a workbook all about regulating your emotions.

Check in!

Now you know a little more about emotions, let's check in again. How do you feel? If you feel the same as at the start of the workbook you could use one of the other emotions you have identified like, excited, calm, confident. Hopefully you will choose a positive emotion.

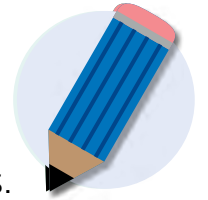
Mood									
1	2	3	4	5	6	7	8	9	10

School									
1	2	3	4	5	6	7	8	9	10

Friendship									
1	2	3	4	5	6	7	8	9	10

Home									
1	2	3	4	5	6	7	8	9	10

My understanding of emotions



At the start of our workbook, you rated how well you understood emotions.

Now you have learned more about your emotions and other peoples, fill it in again to see if your score has changed. Do you feel like you may know more now?

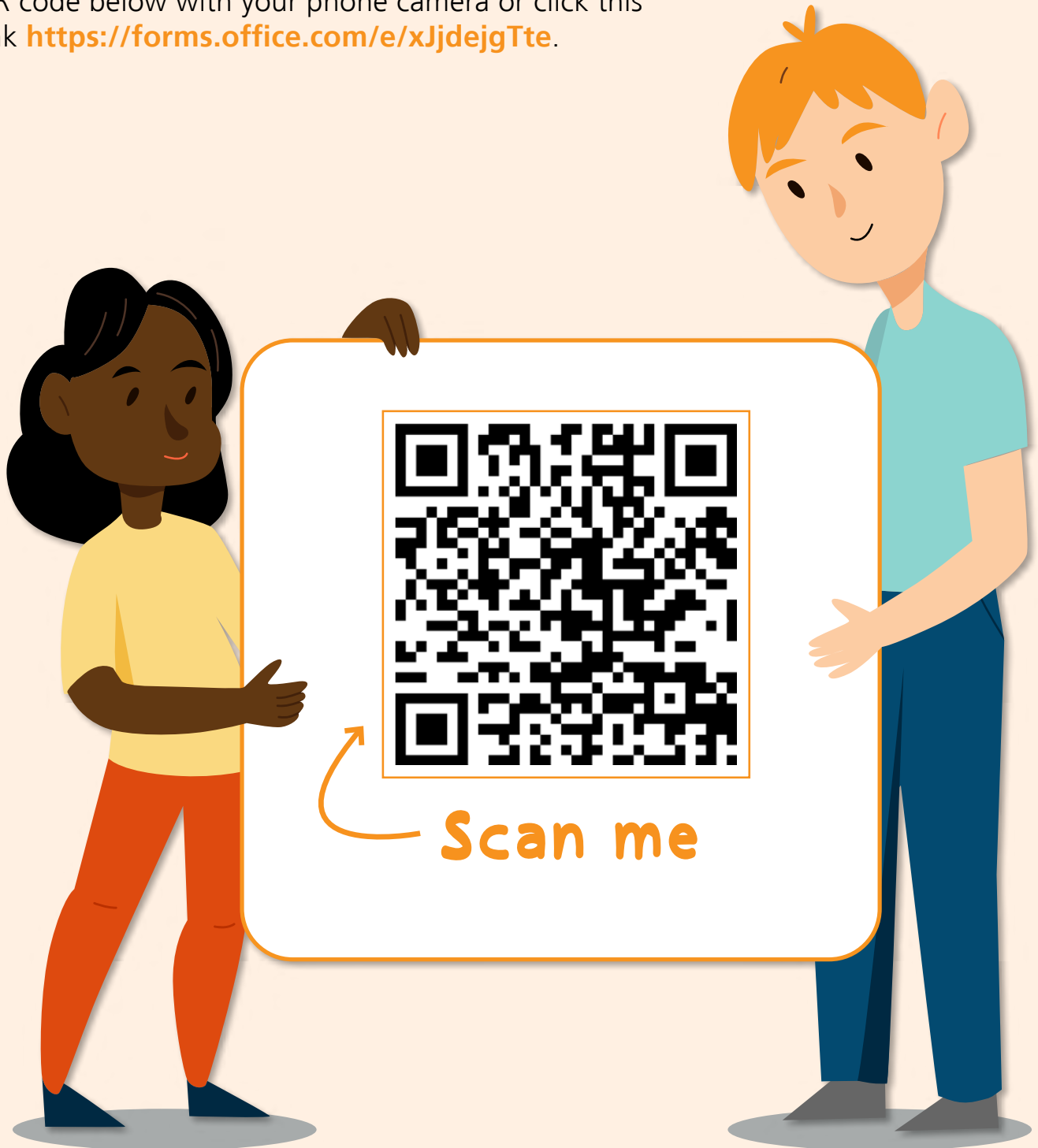
Question	Answer
<p>Do you know what emotions are?</p>	
<p>Do you know how emotions affect you?</p>	
<p>Do you understand how emotions affect other people?</p>	
<p>Do you know how to control uncomfortable emotions?</p>	

We would appreciate your feedback



If you have used any of our digital books, either a parent, young person or professional we would be grateful if you would please complete our quick survey.

The quickest and easiest way to do this is to scan the QR code below with your phone camera or click this link <https://forms.office.com/e/xJjdeJgTte>.



Useful websites and numbers



Do you need urgent help with your mental health?



Call **111** and select a mental health option

HOPELINE247
0800 068 41 41

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact **HOPELINE247**.

Call: **0800 068 41 41**
Text: **07860 039 961**

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SAMARITANS

116 123

childline

0800 1111

Additional info

We have other workbooks available.
Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.
Please fill out a short survey once you have completed this workbook.

