

As we grow up more, we need to be able to cope with our feelings and emotions.

It really helps if you can:

recognise your feelings
analyse your feelings and
manage your feelings.

Normally, in school, we would talk about these ideas and share them; try activities and work through them together. Here are some things for you to think about. If you feel worried or anxious about any of them, talk to a trusted grown up.

Often feelings are a **mixture** of many different emotions.

Do you know what all these emotions mean? You can add to these lists.

Negative emotions:

Fear, embarrassment, hurt, sadness, jealousy, loneliness, frustration, confusion, anxiety, guilt, outrage at injustice....

Positive emotions:

Pride, happiness, elation, hope, amusement, joy, inspiration, love....

If you are not sure, you can ask or look them up.

It is important to know the difference between these emotions so you can recognize them and deal with them.

Sometimes a feeling can be a mixture of many things:

For example, anger might be caused by sadness and a feeling of injustice.... Or jealousy with a bit of confusion.

Here is a story about a person called Lonni.



Lonni wanted to go out with his friends. They had been out together playing basketball all afternoon and had a brilliant time. They were going to go back the park later and all agreed to go back out after dark. Lonni's parents weren't keen for Lonni to be out and

about at night and so they said no. They were worried that he wasn't old enough to be out late and the park was over a mile away from home. They didn't want him to ride his bike in the dark as the front light was broken. Lonni felt really angry because he wanted to go with his friends. He yelled at his parents, stomped off to his room and slammed the door. Lonni's parents were cross at his reaction and felt he was being unreasonable. They yelled at him for slamming the door. Lonni then received a text message from his friends asking him where he was. When he told them he wasn't allowed out, they teased him and made fun of him for being at home when they were allowed out. This made Lonni furious.

Think of the situation from the parents' point of view.

List their emotions:

Think of the situation from Lonni's point of view.

List their emotions:

Think of the situation from the friends' point of view.

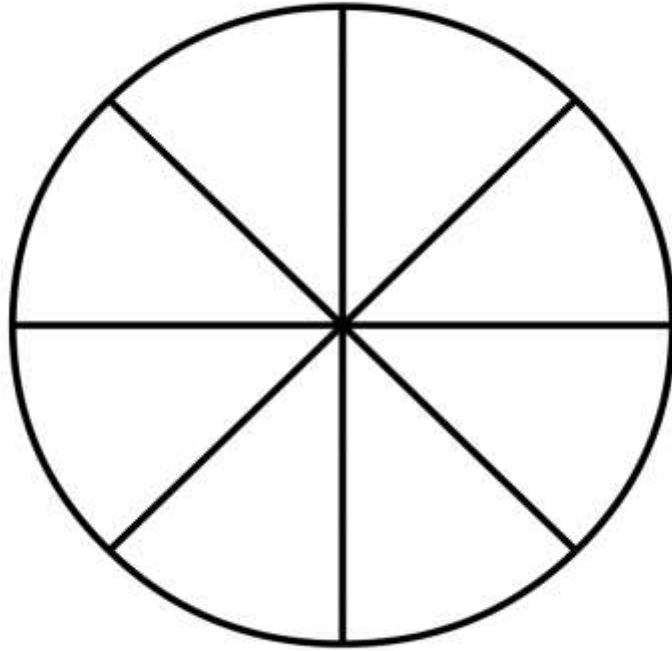
List their emotions:

You will probably notice that the emotions are a real mixture! Lonni can probably see that his parents mean well but feel they are being over-protective. He may feel guilty about slamming the door but also, maybe he feels it is their fault! He probably wishes his friends felt sorry for him instead of teasing him and he is also a bit jealous that they are out and he is at home.

One way to think about feelings is to think of them as colours. Maybe anger is red to you or bright orange. People talk about, "Seeing red" when they are cross. Maybe calm is blue or pale yellow. You decide.

Choose some colours that you associate with different emotions and colour over the words in Lonni's story so it is a map of colour and emotions. **Where are the angry hot spots?** **Where are the cool, calm spots?**

Another way to recognize and analyse feelings is to see them as a shape and divide them up into parts. You might see Lonni's anger as a circle and divide into parts. You could colour the parts as shades of the same colour - which emotions cause Lonni to feel really cross? Which emotions cause him to feel irritated? How much of his anger was injustice? How much frustration? Embarrassment....? Divide up Lonni's circle below and name the different parts. You can sub divide the sections or split them across - they don't have to be equal fractions!



So - you can recognize emotions and you can analyse emotions. You know how you feel and you know why you feel that way.

If only it were that simple!

So now how do you manage your feelings?

You might be someone who likes to go for a run or get busy.

You might like peaceful, quiet, leave-me -alone time.

You might like to talk to a trusted friend or simply shout at the sky.

You might like loud music... or you might want to cuddle the cat... everyone is different.

What do you like to do? Make a list of the things you like to do that help you to manage your feelings.

- You might prefer to talk to someone.
- **You might need to talk to someone if the problem is too big or the emotion feels too much.**

Who could you talk to?

Make sure you have someone in mind who can help you to:

recognise your feelings

analyse your feelings and

manage your feelings.

Think back to the story about Lonni. How could he have handled the situation differently?

He felt angry but he also had a responsibility towards the people in his family and to his friends to manage his feelings. Could he have found a compromise? Could he have talked to his parents in a different way? Could he have persuaded his friends to meet at a different time or place? Could he have tried to see someone else's point of view?

Did slamming the door help or make things worse?

Did the people in Lonni's story forget about other people's feeling when they were trying to manage their own feelings?

So remember:

When you

- **recognise** your feelings
- **analyse** your feelings and
- **manage** your feelings, don't forget to consider how other people are feeling too. What might their colours be? How might their circle be made up of emotions?

Try to see another person's point of view.