

# Self-regulation: My feelings.

## Reception

Feelings	How we feel inside, like happy or sad
Emotions	Strong feelings like joy, anger, or fear.
Happy	Feeling good and smiley.
Sad	Feeling upset or down.
Angry	Feeling mad or upset.
Calm	Feeling peaceful and relaxed.
Feelings	How we feel inside, like happy or sad.

What colour would you pick for an emotion?



How do you feel today?



A facial expression can show how we feel.

