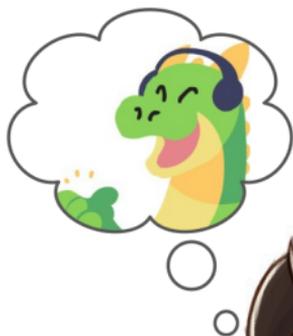


HAPPY



lifeskills
GROUP

www.lifeskillsgroup.com.au

What Happens When You Feel Happy?

- You might smile, laugh, or feel excited
- You feel energetic and want to keep going
- You want to share your joy with everyone

When Do You Feel Happy?

- When you spend time with friends or family
- After an achievement or special moment

Where in Your Body Do You Feel Happy?

Sensations in Your Body

- Face: Smiling so much it tingles
- Heart: Warm and light
- Body: Energetic and excited

Thoughts in Your Mind

- "I'm so proud of myself!"
- "This is the best day ever!"

How Can You Manage Happy?

- Write or draw about it in your journal
- Share your joy with others



ANGRY



lifeskills
GROUP

www.lifeskillsgroup.com.au

What Happens When You Feel Angry?

- You might shout or stomp your feet
- You might clench fists or cross arms
- You might slam doors or walk away

When Do You Feel Angry?

- When things feel unfair or unkind
- When you feel left out or ignored

Where in Your Body Do You Feel Angry?

Sensations in Your Body

- Face: Might get hot or red
- Chest: Breathing might quicken
- Body: Muscles might feel tense or tight

Thoughts in Your Mind

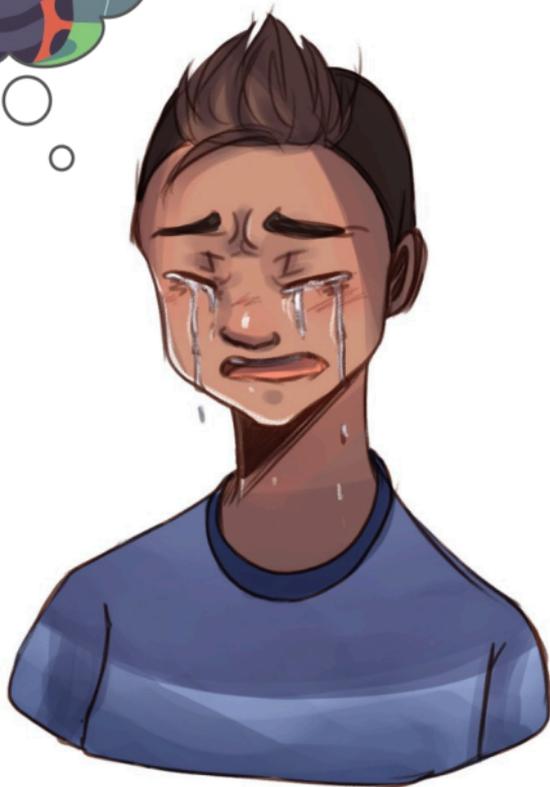
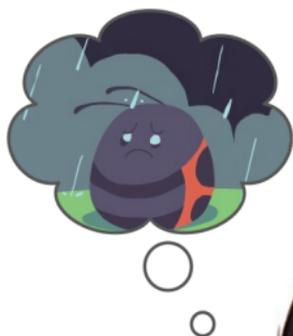
- "This isn't fair!"
- "I don't like this at all!"

How Can You Manage Anger?

- Take deep breaths to calm yourself.
- Do physical activity like jumping or running.



SAD



www.lifeskillsgroup.com.au

What Happens When You Feel Sad?

- You might cry or want to be alone
- You could feel quiet or avoid people

When Do You Feel Sad?

- When you lose a toy or something special
- When things don't go as you hoped

Where in Your Body Do You Feel Sad?

Sensations in Your Body

- Eyes: Heavy or teary
- Chest: Tight or heavy
- Body: Might feel tired or slow

Thoughts in Your Mind

- "Why did this happen to me?"
- "I don't feel like doing anything."

How Can You Manage Sad?

- Talk to someone you trust.
- Listen to music or be with a pet.



TIRED



www.lifeskillsgroup.com.au

What Happens When You Feel Tired?

- You might yawn or struggle to focus
- You could feel irritable or frustrated

When Do You Feel Tired?

- When you haven't slept enough
- After a busy day or long task

Where in Your Body Do You Feel Tired?

Sensations in Your Body

- Eyes: Droopy or heavy
- Body: Sore muscles or slower moves

Thoughts in Your Mind

- "I can't focus."
- "I just want to rest."

How Can You Manage Tired?

- Sleep well or take a nap.
- Drink water to stay energized.
- Stretch or walk to wake up.



WORRIED



lifeskills
GROUP

www.lifeskillsgroup.com.au

What Happens When You Feel Worried?

- Sleep well or take a nap.
- Drink water to stay energised.
- Stretch or walk to wake up.

When Do You Feel Worried?

- Before a big event or test
- When you fear something bad will happen

Where in Your Body Do You Feel Worried?

Sensations in Your Body

- Heart: Beating fast and pounding
- Stomach: Knots or butterflies
- Head: Dizzy or light-headed

Thoughts in Your Mind

- "What if something goes wrong?"
- "I can't stop thinking about this."

How Can You Manage Worried?

- Slowly breathe in and out to calm down
- Talk to someone you trust.
- Write or draw in your journal



CALM



www.lifeskillsgroup.com.au

What Happens When You Feel Calm?

- You might sit still and feel peaceful
- You might focus easily on what you're doing
- You deal with problems without getting upset

When Do You Feel Calm?

- After finishing a tough task
- After practicing mindfulness

Where in Your Body Do You Feel Calm?

Sensations in Your Body

- Breathing: Slow and steady
- Body: Muscles relaxed and loose

Thoughts in Your Mind

- "Everything is okay."
- "I feel safe and happy."
- "I don't need to rush."

How Can You Manage Calm?

- Write or draw in your journal
- Pay attention to your breath



ENERGISED



www.lifeskillsgroup.com.au

What Happens When You Feel Energised?

- You are alert and may talk faster
- More curious and wanting to explore

When Do You Feel Energised?

- After sleeping or eating well
- After playing with friends

Where in Your Body Do You Feel Energised?

Sensations in Your Body

- Head: Sense of alertness
- Body: Tingly rush of energy

Thoughts in Your Mind

- "Let's play all day!"
- "What's next? I'm so excited!"

How Can You Manage Energised?

- Stretch and move to release the energy
- Slowly breathe in and out to calm down



CONTENT



lifeskills
GROUP

www.lifeskillsgroup.com.au

What Happens When You Feel Content?

- You are calm and focused
- You could smile and feel satisfied

When Do You Feel Content?

- When you achieve something meaningful
- When doing something enjoyable

Where in Your Body Do You Feel Content?

Sensations in Your Body

- Face: Soft smile and relaxed
- Body: Free from tension
- Stomach: Warm and satisfied

Thoughts in Your Mind

- "This feels like the perfect moment."
- "I am comfortable right now"

How Can You Manage Content?

- Write or draw in your journal
- Set your next goals



LOVED



www.lifeskillsgroup.com.au

What Happens When You Feel Loved?

- You giggle, cuddle and play
- Return the love by sharing and being kind
- You feel safe and confident

When Do You Feel Loved?

- When someone spends time with you
- When family and friends show care

Where in Your Body Do You Feel Loved?

Sensations in Your Body

- Face: Warmth in your cheeks
- Breath: Calm and steady
- Shoulders: Relaxed and light

Thoughts in Your Mind

- "I belong here"
- "I am important to someone"

How Can You Manage Loved?

- Write or draw in your gratitude journal
- Thank and appreciate loved ones



GRATEFUL



www.lifeskillsgroup.com.au

What Happens When You Feel Grateful?

- You say thank you and show kindness
- Notice more positive things around you

When Do You Feel Grateful?

- When someone helps you
- After a fun day or a surprise

Where in Your Body Do You Feel Grateful?

Sensations in Your Body

- Heart: Warm and full
- Hands: Wanting to hug or clap

Thoughts in Your Mind

- "This makes me happy"
- "Someone cares about me"

How Can You Manage Grateful?

- Reflect on positive things in life
- Share kindness with others
- Write or draw in your gratitude journal

