

# HAPPY



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## **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



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# ANGRY



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## **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!"

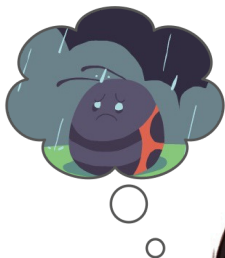
## **How Can You Manage Anger?**

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



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# SAD



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## **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.



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# TIRED



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## **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."

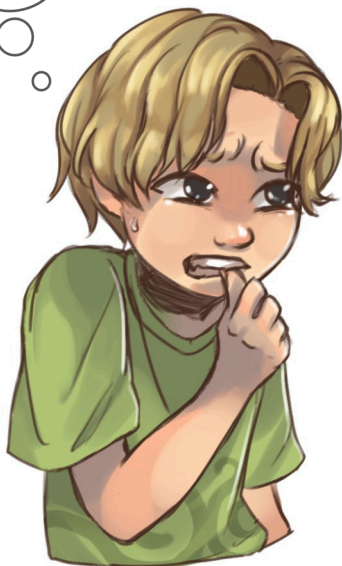
## **How Can You Manage Tired?**

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



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# WORRIED



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## **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."

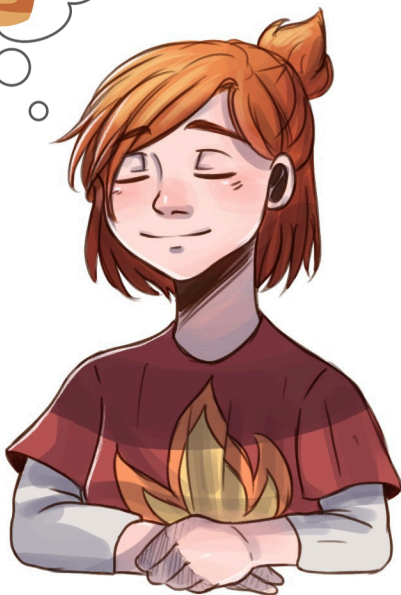
## **How Can You Manage Worried?**

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



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# CALM



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## **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."

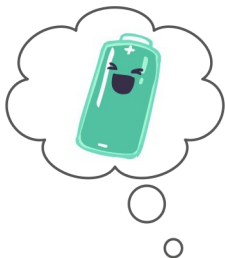
## **How Can You Manage Calm?**

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



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# ENERGISED



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## **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



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## **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"

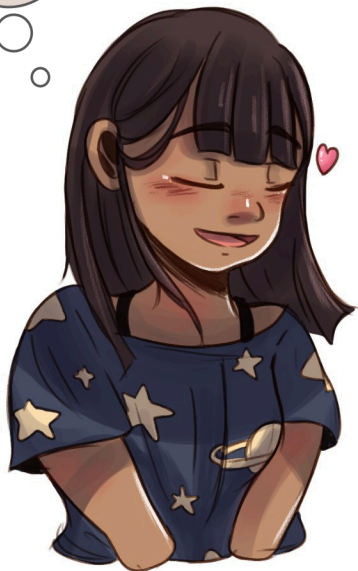
## **How Can You Manage Content?**

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



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# LOVED



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## **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**

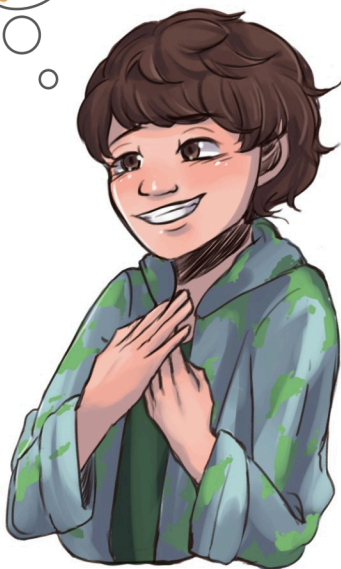
- "I belong here"
- "I am important to someone"

## **How Can You Manage Loved?**

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



# GRATEFUL



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## **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

