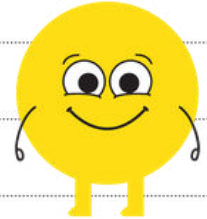


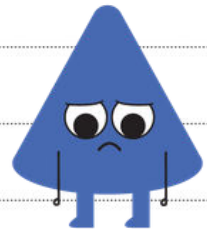
I feel...when...

Complete the following sentences. There are no right answers so don't worry if you have something different to your friend.

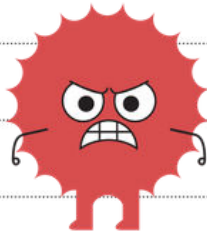
I feel **happy** when...



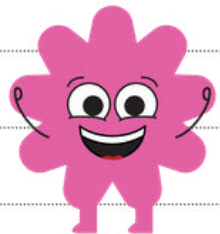
I feel **sad** when...



I feel **angry** when...



I feel **excited** when...



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Emotional timeline

Below is what can happen to us in a typical day. In the box for each activity, write down how it would make you feel.

7:00am

You wake up and get ready for school



8:00am

You have your favourite breakfast



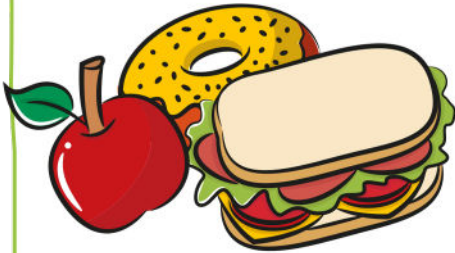
9:00am

You arrive at school and have a morning of your favourite lessons



12:00pm

It's lunchtime but you forgot to pack your favourite snack



2:00pm

You fell out with your friend at lunch, and they still aren't speaking to you



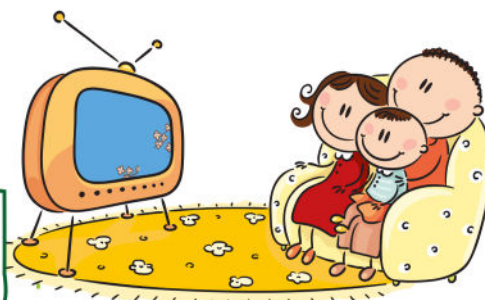
4:00pm

It's the end of school. You and your friend have made up and are going to play together after school



7:00pm

You watch a funny film before you fall asleep.



I feel...when...

A reflective worksheet to help young people explore their different emotions and how feelings can change throughout the day.

Overview

Our 'I feel...when...' worksheet supports young people in recognising what situations or experiences make them feel different emotions. On one side of the worksheet, students are given sentence starters such as "I feel happy when...". They are invited to complete these sentences based on their own experience. The other side of the worksheet focuses on how emotions can change over the course of a day.

The aim is to build a clearer understanding of their emotions and highlight that our feelings can change depending on situations and experiences.

Benefits:

- Builds awareness of own emotions/feelings
- Supports understanding that emotions change throughout the day
- Develops communication skills
- Provides opportunity for students to express emotions

How to use this worksheet

1. Give young person a 'I feel...when...' worksheet
2. Begin with the sentence starter side, explaining each emotion
3. Ask students to complete each sentence using their own ideas
4. Move onto the second side and discuss daily routine images together
5. Invite students to write or draw how they might feel during each part of the day
6. Offer opportunities to share ideas, if they feel comfortable

Estimated time: 15-20 minutes

Materials needed: Worksheet, pen or pencil

Conversation Starters/Reflection Questions

- What kinds of things make you feel happy?
- Are there times in the day when your feelings change quickly?
- What helps you manage big emotions?
- Why do you think our feelings change during the day?
- What could make a difficult part of your day feel better?

Parents/Carers

The 'I feel...when...' activity helps children make connections between the things they experience in a day and their emotions, supporting a better understanding of emotional wellbeing

At home, you can:

- Talk through sentence starters together and share own examples
- Discuss how feelings can change during the day
- Encourage your child to draw as well as write if they prefer

After the activity, you can ask:

- Which sentence was the easiest or hardest to complete?
- Do your feelings change a lot during a day?
- What helps when you feel angry or sad?

Teachers/Education Settings

The 'I feel...when...' worksheet is ideal for PSHE sessions as it can help students to reflect on emotions and experiences.

You can:

- Use it to introduce discussions about emotions
- Encourage a mix of writing and drawing to suit learners
- Use answers to gain a better understanding of student's emotions

Additional Considerations:

- Some students may share personal or sensitive information
- Provide a supportive and non-judgemental environment
- Follow safeguarding procedures if necessary
- Offer additional support or check-ins for students who may need it

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