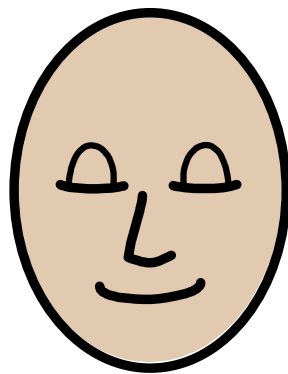


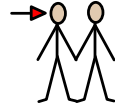
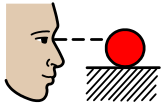
Choose an appropriate task to complete



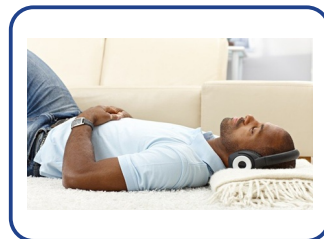
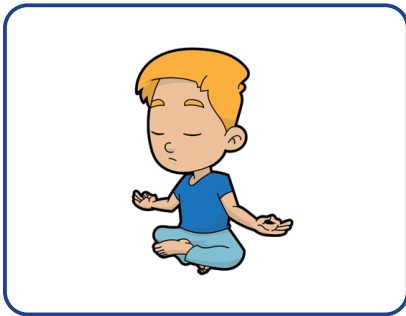
Upset

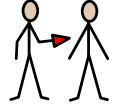
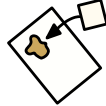


Calm



1. Look at the pictures are they **upset** or **calm**?





2, Draw or cut + stick things that make you



feel:



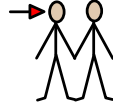
Upset



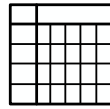
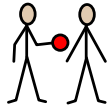
Calm



3. Expressing being upset or calm



What do people do when they are feeling upset ?



Write your ideas in the table

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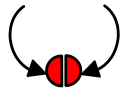
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What



makes



people



feel



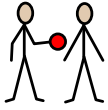
calm



?



Write



your



ideas



in

the

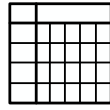


table.

Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.



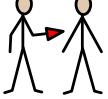

Empty rounded rectangular box for writing.




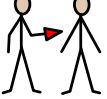
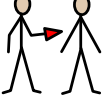


Empty rounded rectangular box for writing.




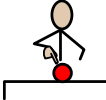
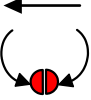
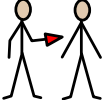

Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

4.  What  makes  you  upset?

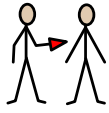
 Think  of  different  times when  you  have been  upset

 about  something  and  what  made  you  upset.

 Write  about it.



When



you



are calm

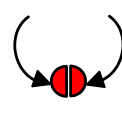


how

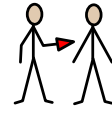


does

it



makes



you



feel?



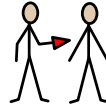
Think

of

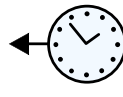


different

times



you



have

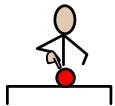


felt

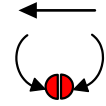


calm

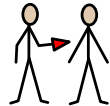
and



what



made



you



feel



calm.



Write



about

it.