

How am I feeling?

Point, circle, say or draw. You can choose more than one feeling.



Calm



Happy



Worried



Sad



Angry



Tired

Something else / I am not sure

All feelings are welcome. You do not have to explain straight away.

What would help? A person, a quiet space, movement or some time?

Feelings & support cards

Cut out the cards. Offer choices without insisting on a particular response.



Calm



Happy



Worried



Sad



Angry



Tired



Quiet time



Trusted adult



Water



Movement



Help



Time

Things that help me

Complete this together when things feel manageable. Revisit it as needs change.

When I feel...

I might notice...

I can try / I can ask for...

Someone who can help: _____

Adults: listen, give time and agree a helpful next step together.

Example: things that help

COMPLETED EXAMPLE • illustrative only • adapt together for your pupil

When I feel...

Worried before a noisy assembly.

I might notice...

My shoulders feel tight. I want to stay near an adult.

I can try / ask for...

Check the plan, sit near the exit, or use a quieter space with support.

Someone who can help

The adult we agree together before assembly.

Why this works

Treat this as an invitation to communicate. Accept more than one feeling and offer help without requiring an explanation.