A letter about how I'm feeling

Instructions:

- This simple worksheet may help your pupils to express their feelings and understand what may have triggered them.
- The template could be used with individual pupils or small groups and is a good starting point for discussions.
- It's important not to ask children to share these with others unless they want to. Some of their writing may be personal and private.
- Be aware that if a child discloses safeguarding issues during this activity, you should follow your school's normal safeguarding procedures and you should make sure that you tell the child involved who you need to talk to and what will happen next.

Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

A letter about how I'm feeling

Dear _____

I have been feeling _____

_____

_____

I have been feeling this way because _____

_____

_____

I have also been feeling _____

_____

_____

Because _____

_____

_____

To help me feel better I think it might help if _____

_____

_____

From _____

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