



ELSA Support

North Curry Primary School

Week 1. A good way of feeling better is to talk about how we feel. I have given you some questions to help express and explore how you might be feeling at the moment. You can do this on your own or use it at home with your family, you can take turns and find out how everyone is feeling. You can use the questions as you experience different feelings throughout the day.

If my feeling today was a colour, what colour would it be?

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If my feeling today was an animal, what animal would it be?

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If my feeling was an insect, what insect would it be?

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If my feeling was a smell, what would it be?

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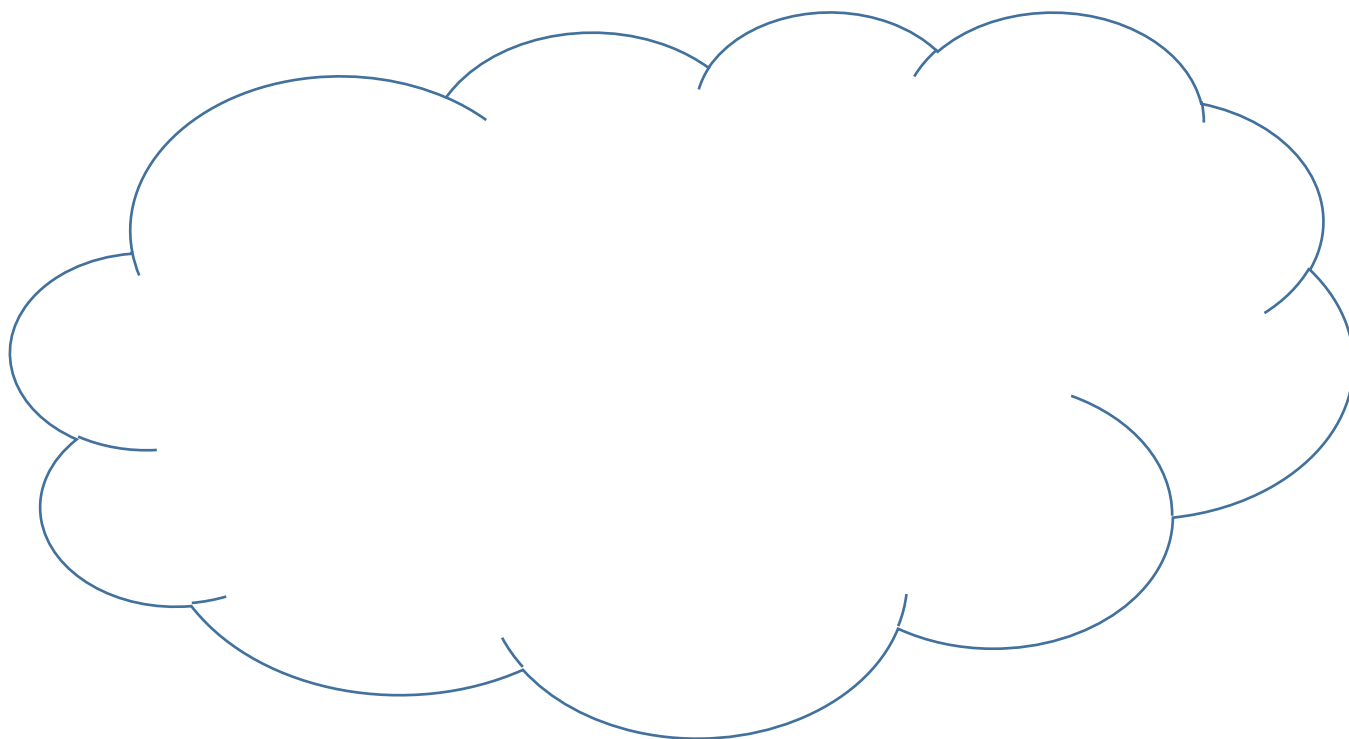
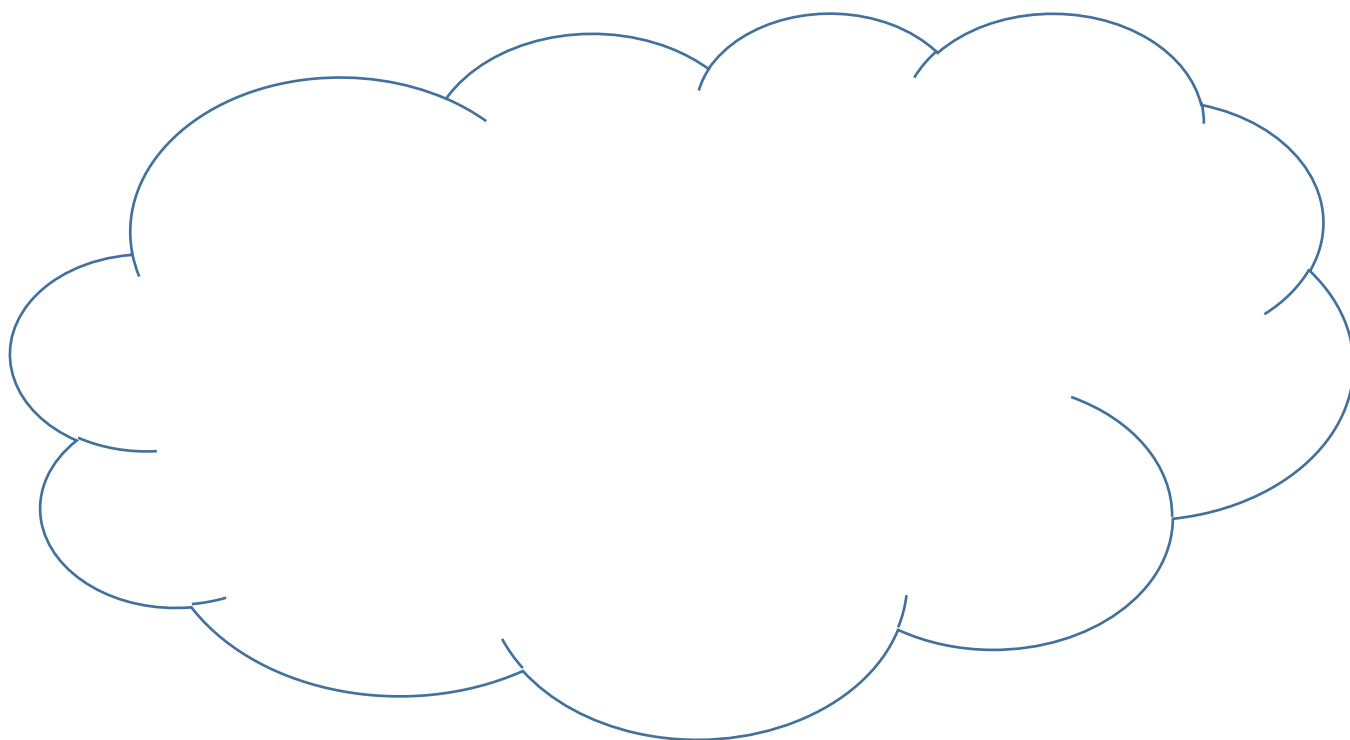
If my feeling was a food, what food would it be?

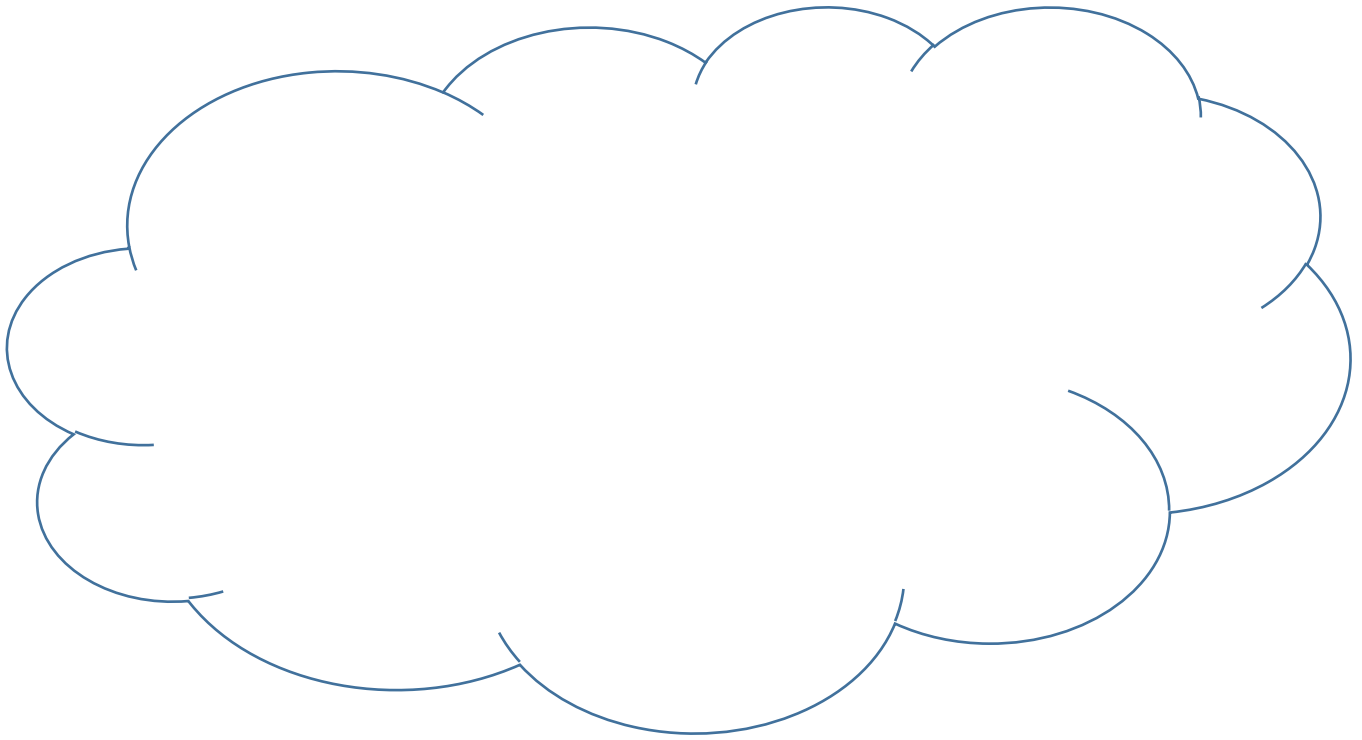
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If my feeling was a landscape, what landscape would it be?

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Can you draw how you feel using the questions above to help you?





Mrs Day's answers: Today I feel happy

Colour - Yellow

Animal - Labrador

Insect - Bee

Smell - Mini Eggs

Food - Bacon Sandwiches

Landscape - North Curry Moors