

Naming our feelings

➔ There are lots of words we can use to describe how we are feeling.
How many of these do you recognise?

 HAPPY Pleased Content Thrilled Delighted Ecstatic	 SAD Disappointed Down Blue Miserable Depressed	 ANGRY Frustrated Upset Cross Furious Raging	 SCARED Worried Nervous Tense Afraid Anxious	 TENDER Warm Kind Caring Sympathetic Loving
--	---	--	---	---

Naming our feelings

Naming our feelings can make it easier to cope when things get tough. When we have a strong feeling, we can ask for help and even find ways to feel better on our own.

Remember: It's normal to have a range of feelings, and no feeling lasts forever.

➔ Here's something you can try:

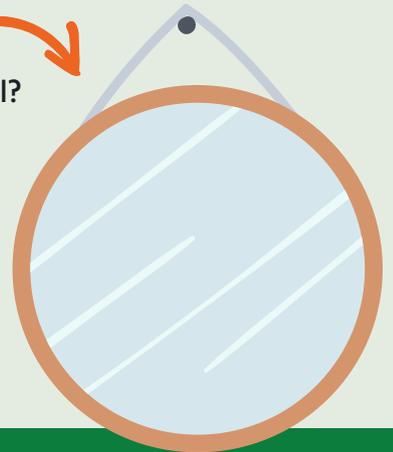
- Pick a feelings word from the other side of this card.
- Think back to a time when you had this feeling. What was happening at the time? *"I felt nervous because I was going to the dentist"* or *"I felt happy because Dad made my favourite food."*
- How strong was the feeling out of 10? Did it have a colour? Did it have a shape?
- Were there feelings in your body like a tingly tummy or hot cheeks?
- Now look in the mirror. Make the face that goes with that feeling.
- What do you notice about that face? How does it look? How does it feel?

Can you think of another situation where someone might feel this way?

How would you know if someone is feeling angry or sad?

What do you see when someone is feeling caring or kind?

Try this with a few words. Notice what you learn about different words for feelings and the faces that go with them.



Getting on Better (2026)

Speak for yourself

- ➔ Speaking for yourself means using your words to tell other people what you **think, feel, or need**.

Learning how to **speak for yourself** can help your family, friends, and teachers understand you better.

- ➔ Let's learn how to do this by using "I" sentences.

An "I" sentence tells others exactly how you feel and why. You could say something like:

- ➔ **"I feel happy when I go to the park because I get to see my friends."**
- ➔ **"I felt nervous today when I went to school because I had a test."**

Turn the card over to learn how to make "I" sentences.



Speak for yourself

→ When you say an “I” sentence, you are describing **your** feelings – not anyone else’s. Using these sentences is a good way to let other people know how you are feeling **and why**, even if you are having a not-nice feeling.

Try making an “I” sentence for yourself:

I feel [how you are feeling]

when I [explain when you started feeling this way]

because I [why you feel this way]



Getting on Better (2026)

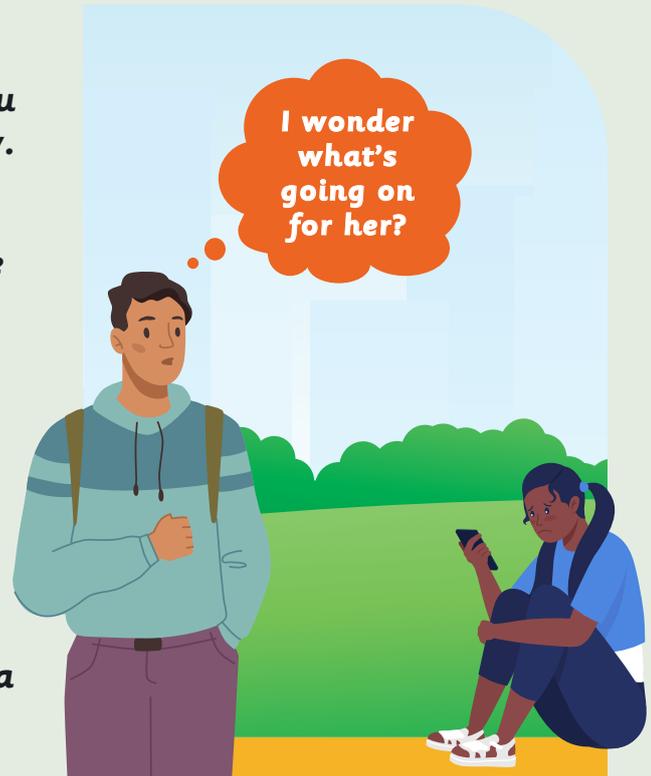
What's going on?

The way someone thinks and feels can affect **the way they behave**. Thinking about someone's thoughts and feelings can help you to understand things from their point of view.

This is called **mentalising**. It's a big part of how we deal with our feelings, how we make friends, and how we cope when times get tough.

Other people can mentalise about you, too. Your friends, family, and others might try to work out **what's going on for you**, especially if they are worried about you.

We can never know exactly what's going on in someone else's mind, so it's a good idea to talk about things, and **tell people how you're feeling**.



What's going on?

→ **The best way to improve your mentalising skills is to *practise mentalising*!** Often we do this naturally just by spending time with our friends and family, but here are some things you can do to supercharge your skills:

Roleplay

Play games where you pretend to be someone else. Notice what's different when you step into someone else's shoes.

Stories

When you read stories or watch videos, think about what the characters might be thinking and feeling. Why do they make one choice and not another?

Consider different perspectives

Let's say you love swimming and your friend doesn't. Why might you approach the same activity in different ways?

Talking

Ask your friends and family about their thoughts, feelings, hopes, and worries. Notice how these link up with the things they say and do.



Getting on Better (2026)

Looking after myself



Taking care of ourselves is important. In the same way you need to take care of your body to stay healthy and strong, you also need to take care of your mind. You can do this with **self-care**.

Self-care is whatever you do to help yourself feel better or keep yourself feeling good. It can help you take care of your mental health. It can help you relax or feel more energetic.

The important thing with self-care is not what it looks like, but **how it makes you feel**.



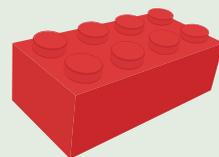
Turn the card over to take a look at some ways you can practice self-care!



When it comes to Self-care it's not one thing – it's **YOUR** thing.

Here are some examples of ways you can practice self-care when you are feeling worried, anxious, or upset. Why not take a few minutes to choose a few and **make your own personal self-care plan?**

- Make a playlist of your favourite songs.
- Hang out with your friends, family, or pet.
- Exercise in your favourite way! Dancing, sport, running – get your body moving.
- Do a craft you enjoy like drawing, painting, knitting, or Lego.
- Write down 10 things you like about yourself or 10 people you can always talk to.
- Head outside for a walk, go for a bike ride, or just to play at the park.
- Watch a movie or show, play a videogame, or read a book.
- Try a mindfulness exercise, like the Senses game:
Find **5 things you can see**, **4 things you can hear**, **3 things you can smell**,
2 things you can touch, and **1 thing you can taste**.



The possibilities are endless! Can you think of some other ways to practice self-care?

**It's not always easy to say sorry,
but it's an important part of being friends.**

**When we do things that upset our friends,
it can feel like something is broken.**

**But we won't always agree with
everyone – even with our best friends.
It's normal for arguments
and upsets to happen.**

What's important is how we fix things.

**Saying sorry is a big step. When we do it well,
it can even stop things from getting worse.**

**Flip the card over to learn how to
say sorry in a meaningful way.**



When something goes wrong

→ Before you say sorry...

- Think about **what** you are saying sorry for. What happened and why did it upset your friend?
- Think about **why** you're saying sorry. It's important to accept that you've done something wrong.
- Think about **how** your friend might be feeling. Can you remember a time when someone upset you?

→ When you say sorry...

- Say "I'm sorry" and describe what happened. I'm sorry I knocked your game on the floor.
- Say how it might have made your friend feel. Maybe you were worried it was broken.
- Talk about your own feelings. I was upset because I'd lost...
- Talk about how you will do better next time. ...and I'll try not to get cross if I lose again.



→ After you've said sorry...

- Your friend might not be ready to accept your apology yet. That's OK. It's up to them to decide.

When they are ready to forgive you, you can get back to doing all the things you enjoy together!

Getting on Better (2026)

Being flexible

When things change around us it can be scary and unsettling. You can't control what the world throws at you, but you can learn to cope better with changes.

It all starts with changing the way you think about everyday things, and it's easy to practise. Here are some things you can try:

→ **Little differences**

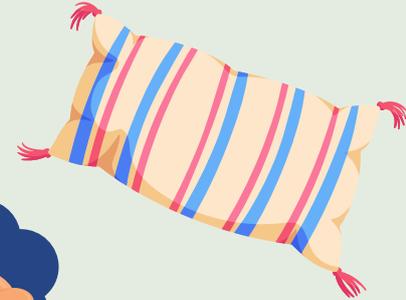
Pick something you do all the time, then do it differently. Sit in a different chair, move your pillow to the other end of the bed, or eat some food you've never tried.

→ **One new rule**

Play a game but change one rule. Football with both goals next to each other. Chess but every piece is a queen. I spy but starting with the second letter. You can add your own ideas too!

→ **My new gizmo**

Take an everyday object and find a new use for it. When you have a fun idea, give the object a new name.



Being flexible

→ Learning to approach things differently is called **being flexible**. It's all about finding different ways to do things, and seeing things from another point of view.

Being flexible can help you cope better with stressful situations. It can even help you get on better with other people.

→ Backup plans

A good way to practise being flexible is to **plan ahead** for things you can't control.

You've decided to play football in the park. **What will you do if it rains?** Perhaps you could stay home and invent a new league for wild animals.

You're going out for ice cream and you really want chocolate flavour. **What will you do if they've run out?** Is it finally time to try rum and raisin?

Backup plans can help you avoid disappointment. There will always be things you can't control – why not have **a few ideas** ready just in case?

Life is all about exploring. Try new things. Start a strange hobby. Make friends with someone you haven't spoken to yet.



The whole world can be an adventure if you're flexible enough!

Getting on Better (2026)

Communicating well

What is communication?

Communication is the way we express our thoughts and feelings to others. It's made up of the **things we say** and **the things we do**.

What signals can you pick up from the way someone communicates? What are they telling you with their words? What are they telling you with their body? What about their tone of voice?

The way we communicate is a big part of how we make friends, and how we grow as a person. It's how we ask for things we want, and how we let people know what we're thinking and feeling.

It can also help us to look after others. If someone is angry, upset, or worried, you can respond in a way that shows them you care.



All of these things can be part of **communication**:

Nodding

Talking

Shouting

Waving

Smiling

High-fiving

Using a soft voice

Frowning

Hugging

Giving a thumbs up



You can practise better communication with

the three Ls

→ LOOK

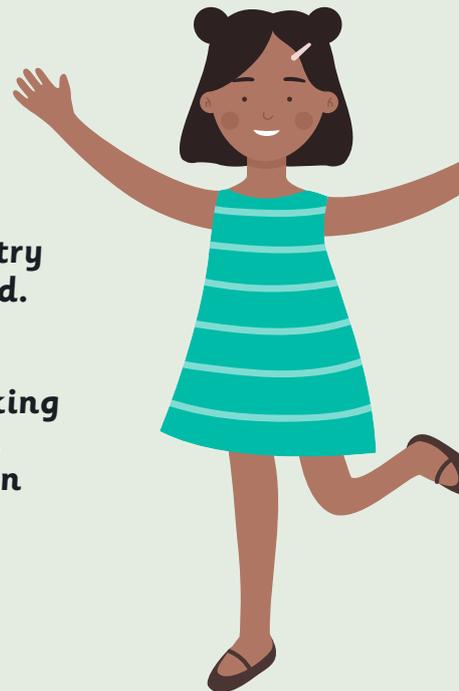
When you're talking with someone, try to pay attention. Notice what they're saying with their body as well as their words. You might look at their eyes but if this doesn't feel nice, you can try looking at their forehead or cheek instead.

→ LISTEN

When we're communicating well, we're taking turns to talk. Wait for the other person to finish before you start talking. You can even nod along as you pay attention.

→ LEARN

Ask questions about things you don't understand. Being curious and learning about other people's experiences can help you to be kinder and more accepting.



Getting on Better (2026)

Self-regulation



Our feelings affect the way we behave. Sometimes we have big feelings that are uncomfortable or hard to cope with. We can't control these feelings but we can **learn to regulate them.**

This isn't about making your feelings go away – all of your feelings are important and it's OK to have a range of different ones. **Nobody is happy all of the time.**

Regulating is how we calm ourselves down when we're angry, or cheer ourselves up when we're sad.

Learning to regulate our feelings can help us to handle difficult situations, or deal with surprises and setbacks.

There are different ways to do this, depending on how you feel.

Flip the card to learn more





If you're
feeling scared,
anxious,
or angry:

→ BREATHE

A great technique for calming yourself down is **square breathing**.

- 1) Breathe in through your nose for four counts.
- 2) Hold your breath for four counts.
- 3) Breathe out through your mouth for four counts.
- 4) Pause for four counts.



If you're
feeling sad,
numb, or
muddled:

→ SHAKE IT OFF

Sometimes when you're feeling very low, the best thing to do is **get moving**.

You might need to run around, bang a drum, kick a ball around, have a dance.

Whatever you choose, the most important thing is to get your heart pumping.

Have you ever watched a friend go through something you've gone through before? You might think, "I went through something like that. I think I understand how they might be feeling right now. I should go and see how they are."

This is empathy.

Empathy helps us understand how other people are feeling.

When you have empathy for someone, you might imagine how they are feeling in a situation similar to something you have experienced. Are they scared? Upset? Happy? Excited? Do they want to talk about it, or do they want to do something to help take their mind off it?

To practise empathy correctly, it's important to recognise your own feelings. You also have to **listen to other people and try to understand how they are feeling right now** – and why. This might be similar to how you felt. It also may be entirely different, and that's OK.





Stepping into other people's shoes

Everyone has different feelings! Empathy happens when you try to put someone else's "shoes" on and walk through a situation, imagining how **they** would feel.

➔ Follow these tips and tricks to exercise your empathy:

- 1) **Ask your friend how they are**, listen with your full attention, and ask good questions. "How are you feeling after getting our tests back? I noticed you looked really happy after."
- 2) **Think about how they are feeling** by pretending you are them in the story. Remember their feelings might be different from yours. I wonder if my friend is feeling happy about getting a good mark? I remember being happy about my test marks last time.
- 3) **Respect how they are feeling**. This is not just about how you have felt in a similar situation – it's also about how your friend is feeling right now! "I'm very happy for you. Congratulations on getting such a good mark!"
- 4) **Remind your friend you are there**. Whether someone is happy or upset, it's important they know that other people are around to support them. "I'd love to celebrate your good mark with you. Shall we play together at breaktime?"



Remember: If something feels dangerous or you aren't sure how to respond, make sure to ask a trusted adult for help. This keeps everyone safe!