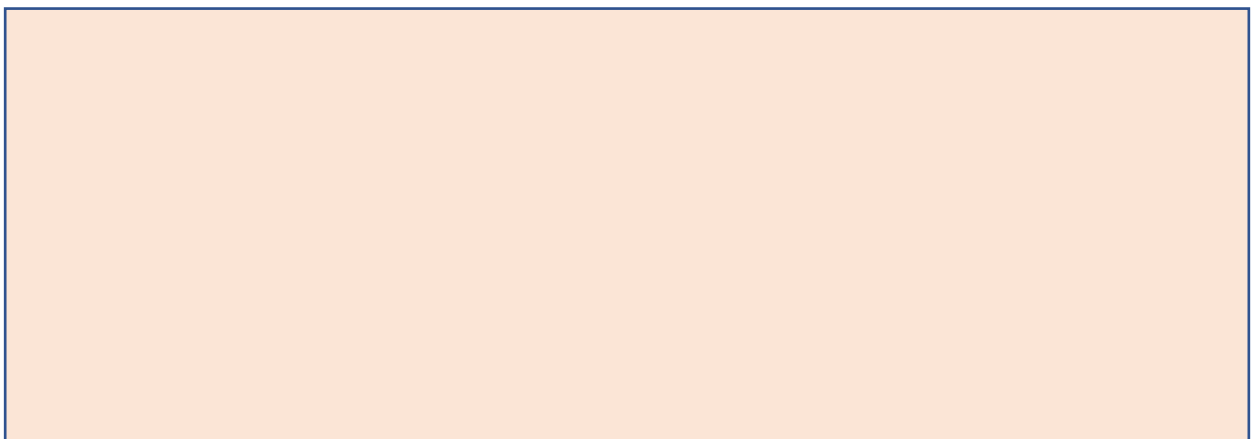


# WEEK 8 – Emotions Week

We all have emotions and its normal and very healthy to feel all of them. Some feelings aren't as nice to feel as others but they are important to understand and help us set boundaries and goals.

REMEMBER IT IS IMPORTANT TO ASK FOR HELP SO IF YOU NEED AN ADULT AS SUPPORT WHILST YOU WORK ON THIS PROJECT PLEASE ASK THEM.

**Talk:** Why do you think different emotions are important?



**First task:** -

Make a collage of all the emotions you can think of.

You could also write a list or take photos of people pulling different faces to show different emotions.

