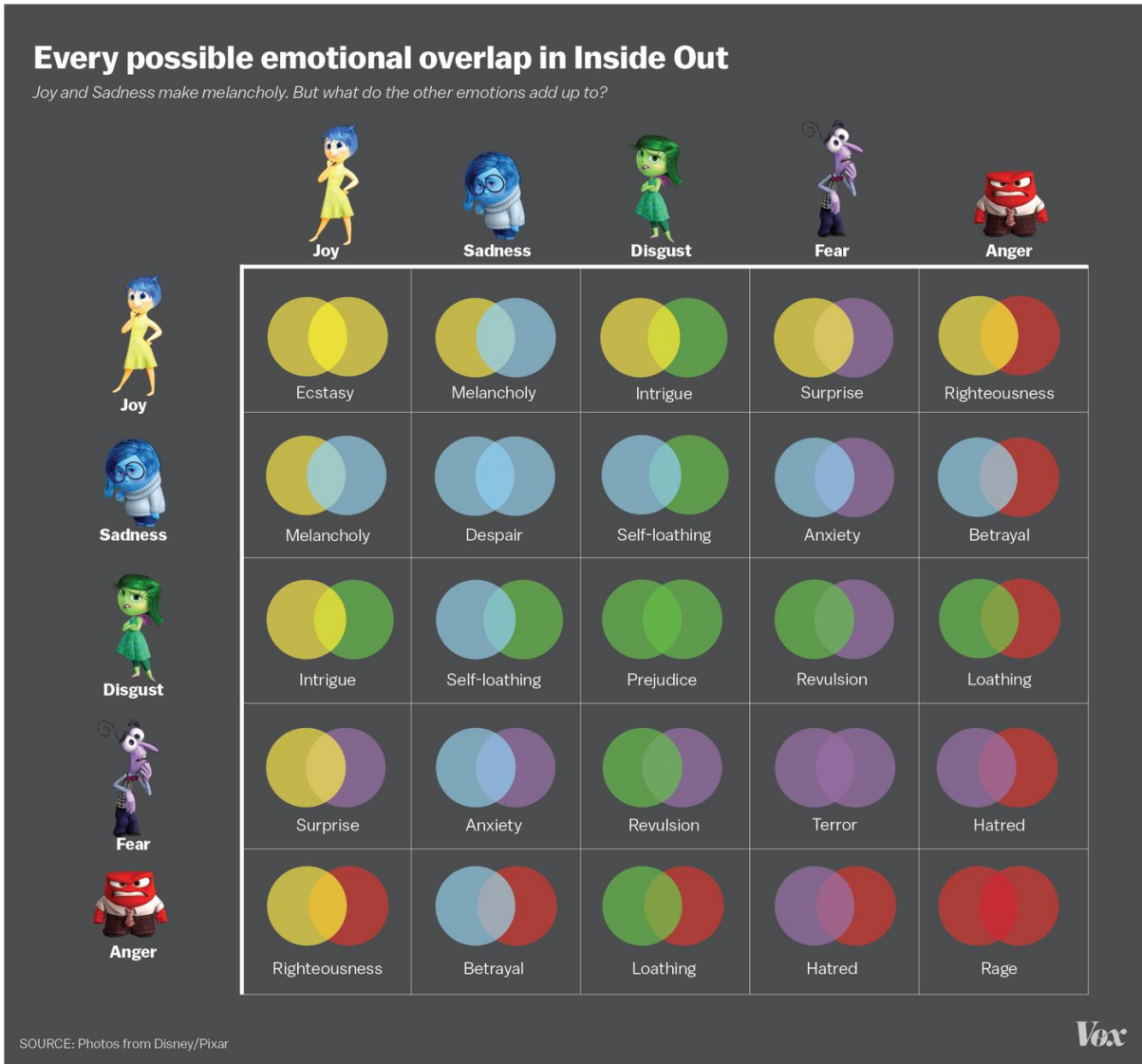


Learning our emotions can be tricky and frustrating – especially when we can’t always name what we’re feeling!

Try this graphic from Pixar’s Inside Out to help you learn ways to describe some of your emotions and feelings.



To further help you, try these tips:

- Recognize your emotions and learn how to name them
- Learn what your emotions are telling you!
- Recognize the effect they’re having on you and those around you
- Feel your emotions – safely
- There are no ‘bad’ emotions – all emotions have to be felt

