

Exploring My Emotional Growth

Our emotions are the feelings we have. We can experience lots of different emotions. What different emotions can you think of?

What makes you feel happy?

What makes you feel sad?

What makes you feel worried?

What makes you feel excited?

What makes you feel angry?

What makes you feel lonely?

What makes you feel relaxed?

What makes you feel content?

Our emotions can also change over time as we get older. For example, what we once found worrying or frightening might not trouble us any more. Can you think of any ways in which you have grown emotionally?

We can also grow emotionally when things don't quite go the way we had hoped. When we make mistakes, when we face a challenge or when things go wrong, we can use these experiences to learn and grow. Can you think of a time you have learnt how to cope with an uncomfortable feeling after you have faced a challenge? Describe the feeling and how you learnt to cope with it.

Another way we can grow emotionally is by trying new things. Saying yes to new experiences and opportunities can help us face things we are fearful of and develop self-confidence and belief in ourselves. Can you think of anything new you have tried that has helped you to learn and grow? State what it was and how it helped you to learn and grow.

Growing emotionally doesn't happen quickly. It can take time to notice, learn about and understand our thoughts and feelings. It is also something we continue to do for the whole of our lives!

What do we need to grow emotionally? Use the words on the right to complete the list.

We need to:

- _____ about how we are feeling;
- _____ the thoughts we are having;
- have special people in our lives who we _____ and who _____ to us;
- have people who help us _____ and _____ our thoughts and feelings;
- learn from _____ we face and _____ we make;
- have people who help us when we are _____;
- try _____ things;
- make _____ to explore and notice our own thoughts and feelings.

share

listen

explore

time

mistakes

talk

understand

struggling

new

trust

challenges

Remember, we are all different and will feel differently about different things. It is important to treat all people and their feelings with kindness and respect. We can learn so much about ourselves and others by taking time to notice how we and others are feeling.