

# Ways to look after our mental health



## Let's talk about our emotions

Talking about our emotions is so important. We get told this all the time. So why is it so good for us?

Talking about your feelings is a healthy way to express them. You don't have to talk about every emotion but noticing your feelings and saying how you feel and why, is good practice. The more you do it, the easier it gets. Then, when you have a difficult feeling you will be practiced at talking about feelings and emotions.

Talking about difficult feelings when they are small is much easier than if we don't talk about them and let them get bigger. Whoever you talk to maybe able to help you deal with the feeling and help that difficult feeling go away.

It's important that you know that it's okay to feel different emotions, even if it's not a nice feeling.

When you are feeling one of these difficult emotions, have a think about how others might feel too.

A really good way to practice talking about our feelings and emotions is to play a good old game of bingo!

Have a go at playing emotion bingo with your family and practice talking about our emotions and feelings.

## Emotions Bingo Word List

Happy	Sad	Angry	Excited	Relaxed
Nervous	Mad	Embarrassed	Upset	Joyful
Pleased	Cheerful	Anxious	Lonely	Bored
Confused	Worried	Fantastic	Frightened	Calm
Fearful	Surprised	Shocked	Unhappy	Disappointed
Afraid	Grumpy	Moody	Down	Jealous
Annoyed	Encouraged	Thrilled	Scared	Defiant

## **How to play:**

**Cut out the words on the list and put in a bowl.**

**Each player chooses a board, you then take it in turns to pick out an emotion. If you have that emotion on your board, try and think of a time you felt that emotion and tell the rest of the players about it (if you don't have a printer, you can just copy down the emotions onto paper).**

**You can then cover that emotion up on your board and it is the next players turn to pick out an emotion.**

**The winner is the player who covers all the emotions on their board first.**

**You may find it hard to talk about the emotions to start with but give it go because it does get easier!**

<b>anxious</b>	<b>happy</b>	<b>worried</b>
<b>excited</b>	<b>mad</b>	<b>calm</b>

<b>bored</b>	<b>lonely</b>	<b>relaxed</b>
<b>surprised</b>	<b>disappointed</b>	<b>fantastic</b>

<b>cheerful</b>	<b>angry</b>	<b>pleased</b>
<b>jealous</b>	<b>calm</b>	<b>embarrassed</b>

<b>nervous</b>	<b>frightened</b>	<b>encouraged</b>
<b>thrilled</b>	<b>sad</b>	<b>joyful</b>

<b>bored</b>	<b>excited</b>	<b>shocked</b>
<b>happy</b>	<b>down</b>	<b>pleased</b>

<b>grumpy</b>	<b>cheerful</b>	<b>worried</b>
<b>upset</b>	<b>relaxed</b>	<b>thrilled</b>

<b>embarrassed</b>	<b>fantastic</b>	<b>pleased</b>
<b>calm</b>	<b>lonely</b>	<b>bored</b>

<b>frightened</b>	<b>relaxed</b>	<b>defiant</b>
<b>happy</b>	<b>confused</b>	<b>excited</b>