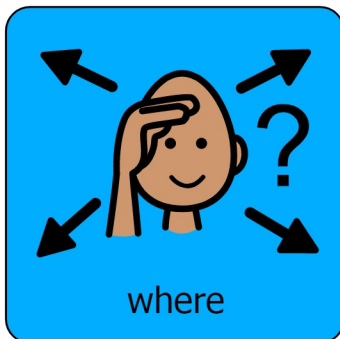
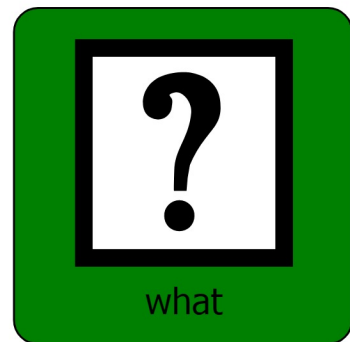


Colourful Semantics - PSHE Pack

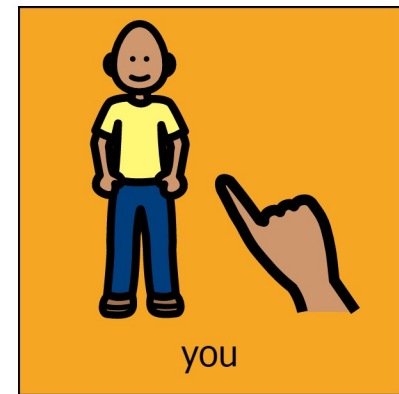
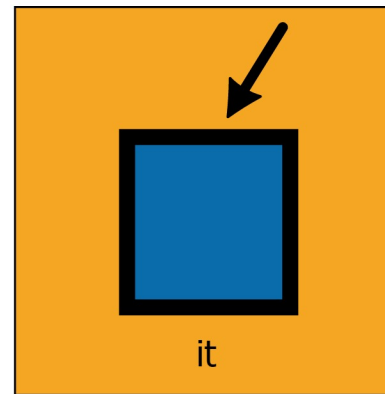
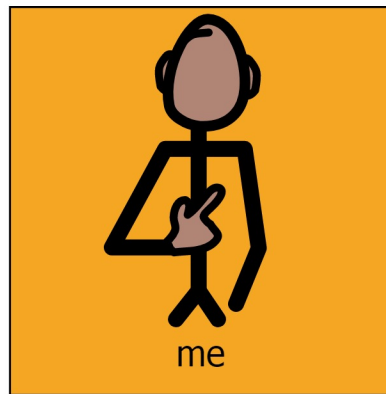
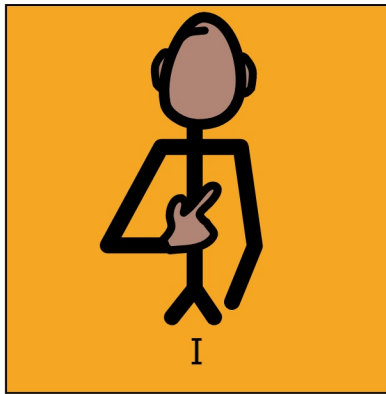
Emotions & Mindfulness

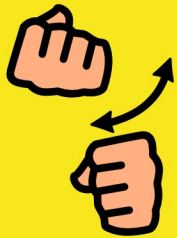
You can use this pack with children when exploring, talking, reading and writing about 'emotions and mindfulness'.

It supports the aquisition, recall and sequencing of related vocabulary, and provides the shape coding for adjectives to identify emotions.

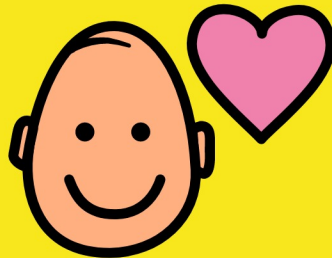


You can prompt them by asking questions such as:- How do you feel?- What are you thinking about?- How does your body feel? How does your face change? Do you want to keep your emotion or get rid of it?





do



like



do not like
don't like



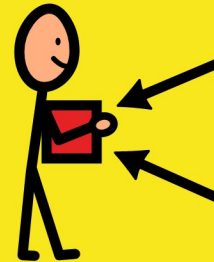
is



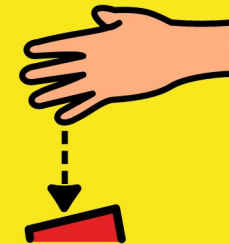
are



go



keep



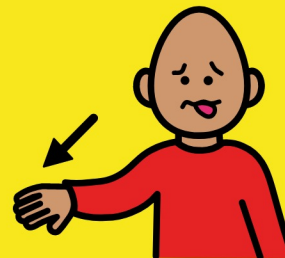
let go of
get rid of



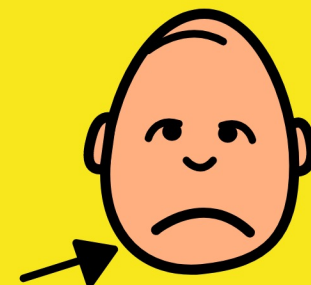
feel



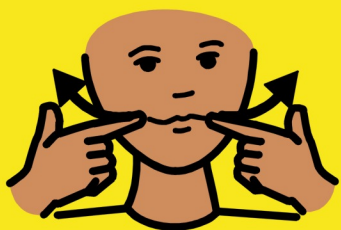
want



do not want
don't want



frown



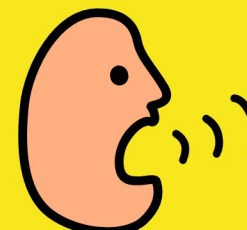
smile



cry



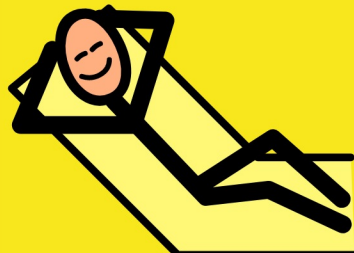
laugh



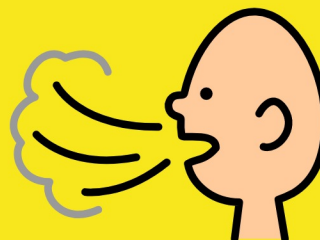
shout
shout out



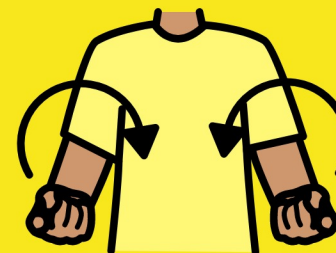
cheer



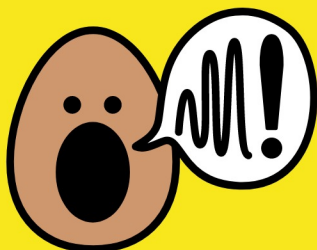
relax



breathe



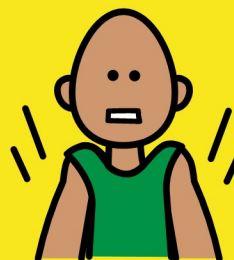
happens



scream



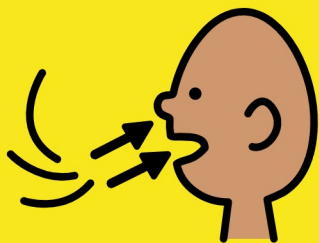
shake



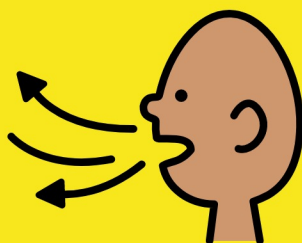
tenses
tense



sit



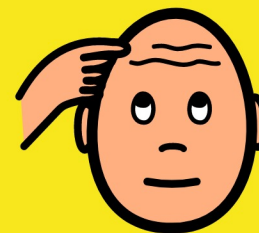
breathe in



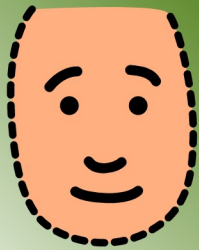
breathe out



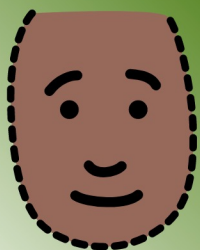
beats



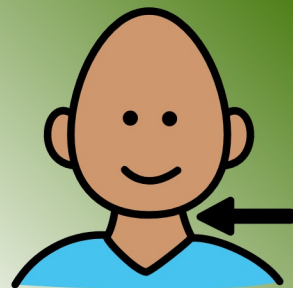
think
think about



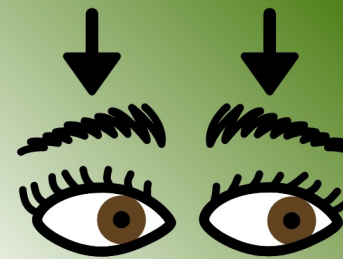
face



face



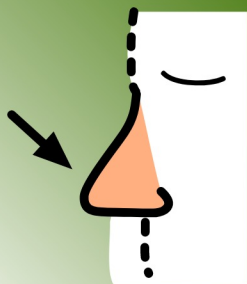
neck



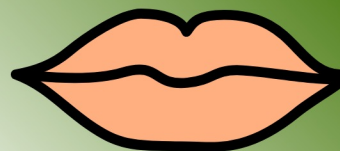
eyebrows



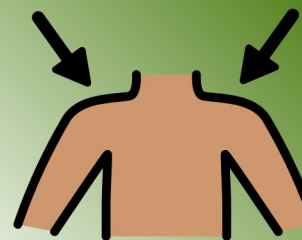
eyes



nose



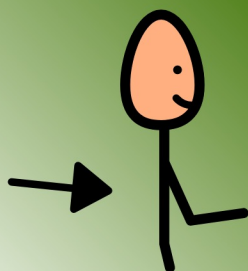
mouth



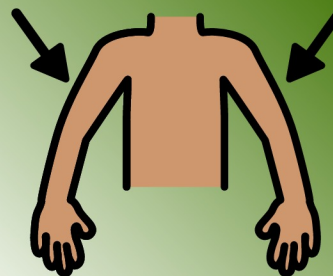
shoulders



chest



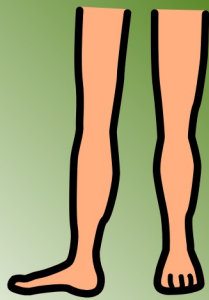
back



arms



hands



legs



feet



breathing
breath



tears



fist



a hug



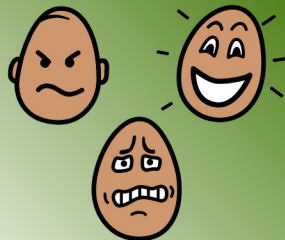
jaw



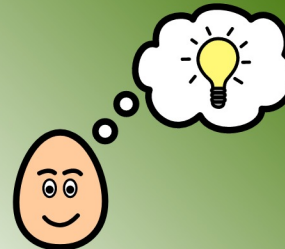
body



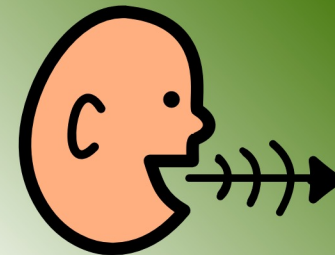
heart



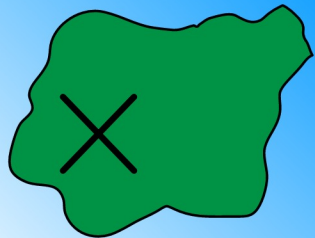
emotion
emotions



thought
thoughts



voice



place



through



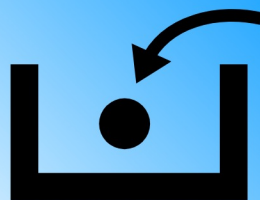
on



up



down

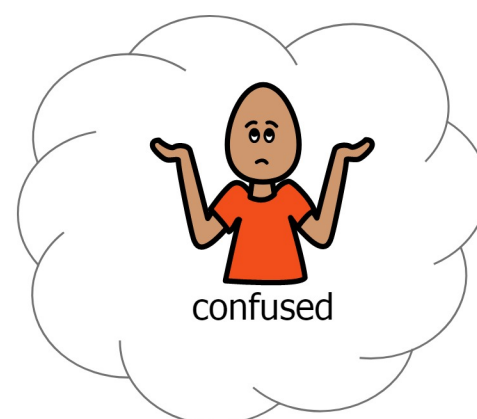
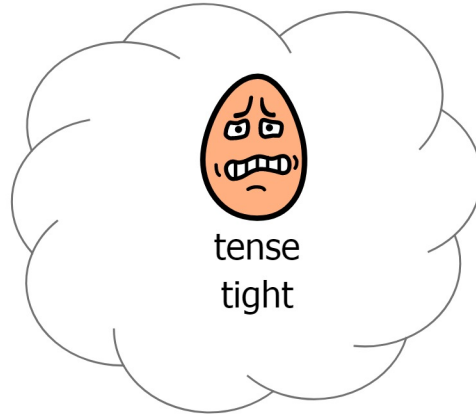
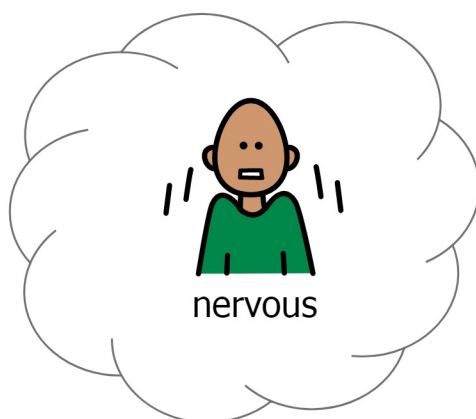
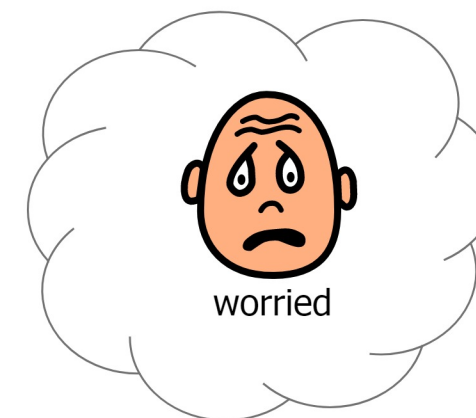
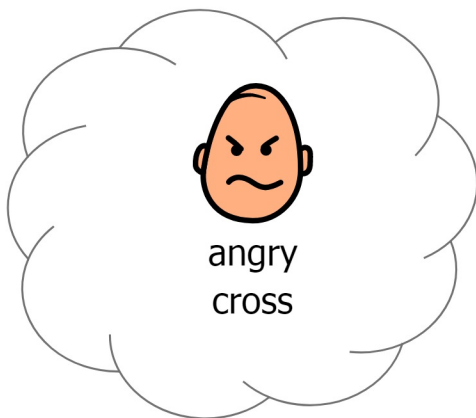
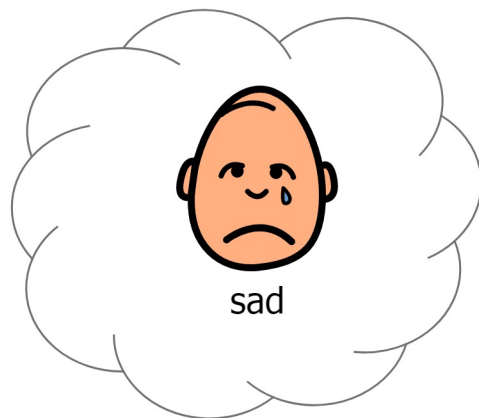
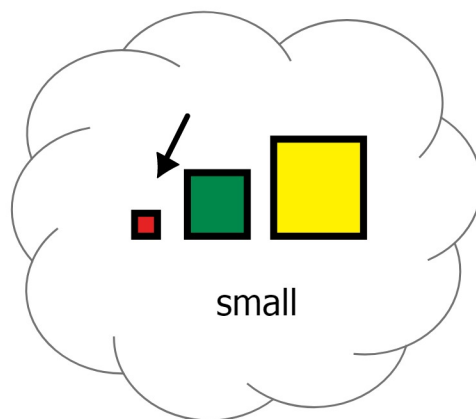
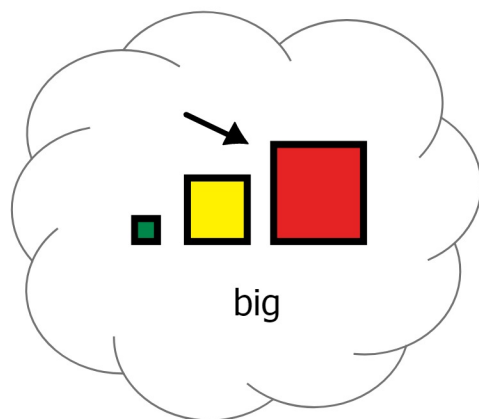


in



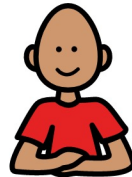
behind







tearful
upset



content



fine



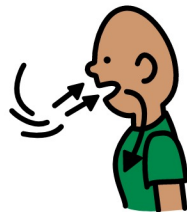
comfortable



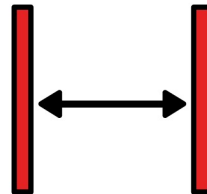
safe



bad



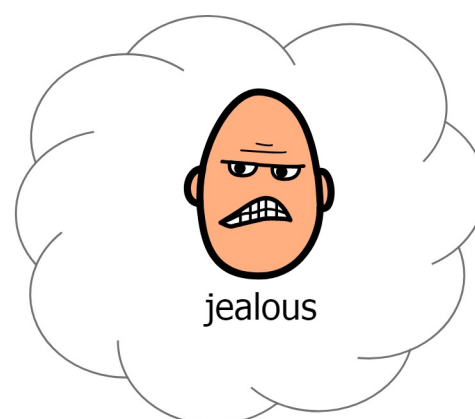
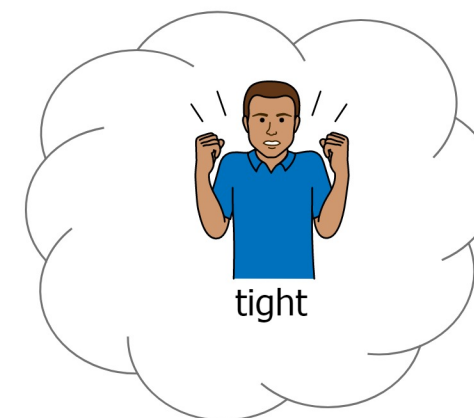
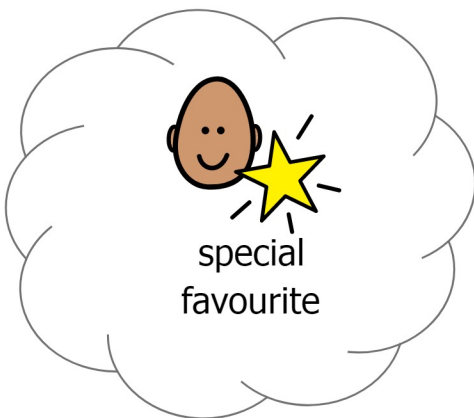
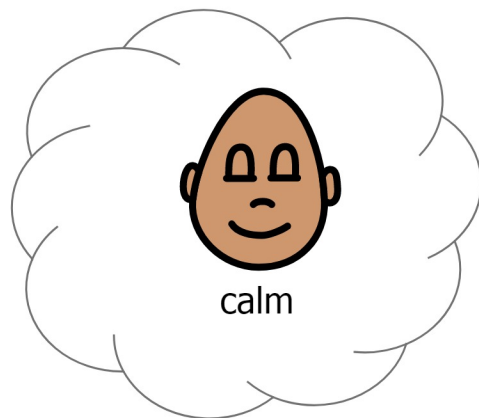
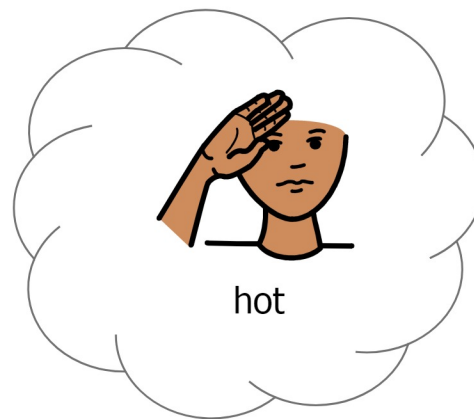
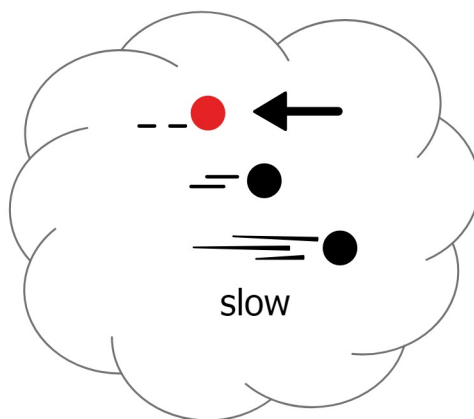
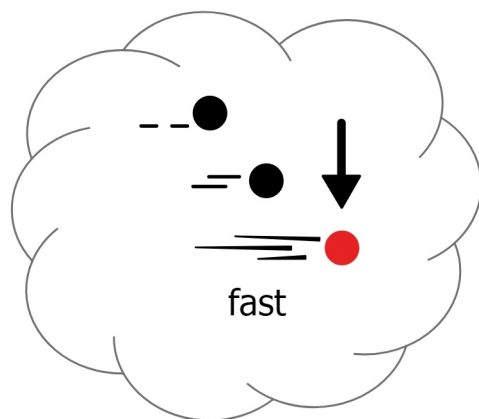
deep

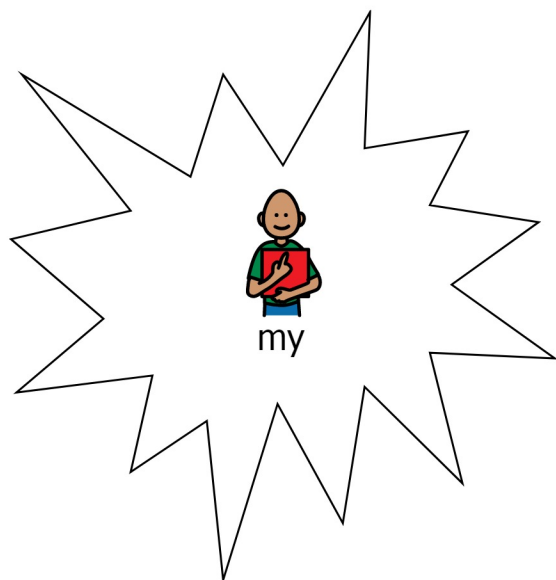


wide



quiet
peaceful





because