



**Down's Syndrome
Association**

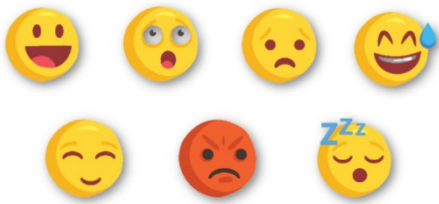
A Registered Charity No. 1061474

Emotional well-being



Let's talk about feelings

Everybody has feelings



Happy, Sad, Excited, Scared, Angry, Calm, Tired.

These are all feelings that everyone has sometimes.



Feelings happen to us in our bodies and show on our faces.



Some feelings are nice, and we want to keep them.



Some feelings are not so nice, and we might want them to go away.

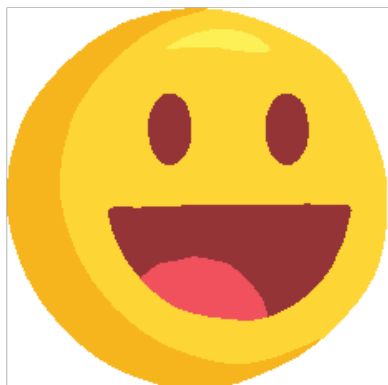


BUT...

All kinds of feelings are okay because we all have them.

It is good to talk about our feelings and understand them.

Let's talk about some feelings...



Happy

When we feel happy we smile.

Our eyes are open wide.

Some people clap their hands or jump up and down when they are happy.



Things we enjoy and people we like can make us happy.

Watching our favourite TV shows and listening to great music can make us feel happy.






Sue loves Bruno Mars.

Bruno Mars is a pop singer.

When she listens to his music she feels happy.



Sometimes she is so happy that she has a dance to her favourite songs.

Feeling	Picture of a happy face	Things that make me happy
<p>Happy</p>  		<p>Going to the beach.</p> <p>Seeing my friends.</p> <p>Playing with my puppy.</p>

What makes you happy?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking happy and doing something that makes you happy.

Feeling	Picture of a happy face	Things that make me happy
<p data-bbox="163 363 300 408">Happy</p>  		



Sad

When we are sad we do not smile.

We may look downwards. Sometimes feeling sad makes us cry.

We might be quiet and not want to talk.

Losing something we love can make us sad.

Not having any friends or being told off can make us feel sad.

If someone in our family, or a pet, dies that can make us feel very sad.




Watching a sad film can make us feel sad for a moment.



Freddie's cat has gone missing.

Freddie loved his cat and misses him.

When Freddie looks at the empty cat-basket he feels sad.


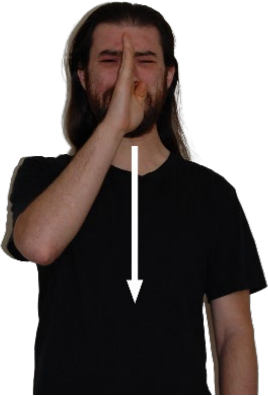
Feeling	Picture of a sad face	Things that make me sad
<p>Sad</p>  		<p>Not being able to see my friends.</p> <p>The death of a loved one.</p> <p>Watching a sad film.</p> <p>When someone in my family is sad.</p>

What makes you sad?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking sad.

Can you write or draw some things that make you feel sad?

Feeling	Picture of a sad face	Things that make me sad
<p data-bbox="163 375 241 414">Sad</p>  		



Excited

When we feel excited we smile.

We feel lively and full of energy.

We might move about a lot.

We can get funny feelings in our tummies.
Some people call these 'butterflies'.

Going to a party, a show or a football match can make us feel excited.

When it's our birthday that can be exciting.

Waiting for something fun that is going to happen makes people feel excited.





It is Georgia's birthday today.

Georgia is going to see the new Disney film with her sister and her friend.

Then they are going to go for pizza.

Georgia is very excited!!


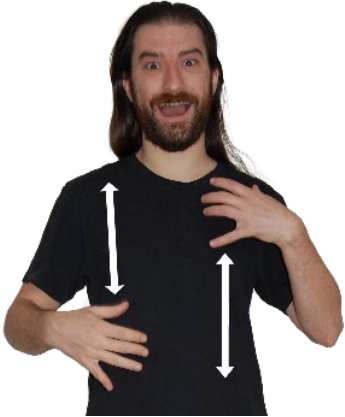
Feeling	Picture of an excited face	Things that make me feel excited
<p>Excited</p> 		<p>My birthday.</p> <p>Going on an aeroplane.</p> <p>Starting a new job.</p>

What makes you feel excited?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking excited.

Can you write or draw some things that make you feel excited?

Feeling	Picture of an excited face	Things that make me feel excited
<p>Excited</p>  		

Scared



Other words that mean the same as scared are **Frightened** and **Afraid**.

They are all the same feeling.

Anxious is another feeling that is a bit like scared.

Worried is a word that means a little bit scared.



When we feel scared or frightened we might feel shaky.

We might feel that our heart is beating harder and we might be breathing fast.



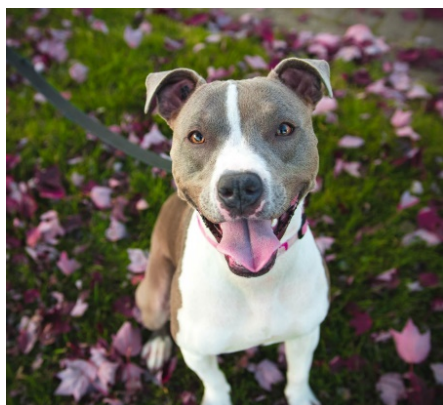
We might feel sweaty or cold.

We can look startled and panicky.



Things that can make us feel scared include:

- getting lost
- meeting new people
- going on scary rides like rollercoasters

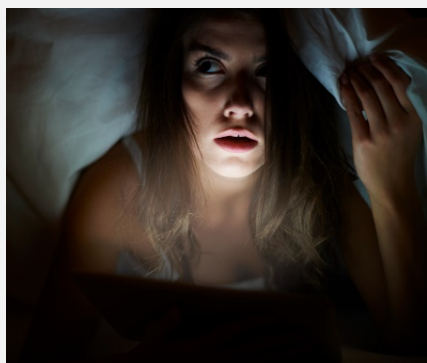


Some people are scared of the dark.

Some people are scared of animals.






Things that we don't expect or that we don't understand can make us feel scared, or anxious.



Wendy sometimes wakes up in the night.

Wendy is scared of the dark so she feels frightened.



Feeling	Picture of a scared face	Things that make me feel scared
<p>Scared Frightened Afraid Anxious Worried</p>  		<p>Big dogs.</p> <p>Talking to strangers.</p> <p>Watching horror films.</p> <p>When other people shout.</p>

What makes you feel scared or frightened or worried?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking scared.

Can you write or draw some things that make you feel scared?

Feeling	Picture of a scared face	Things that make me feel scared
<p>Scared Frightened Afraid Anxious Worried</p>  		



Angry

When we are angry we are NOT happy.

We are not relaxed.

We might feel hot and go red in the face.



We could:

- shout
- stamp our feet
- slam the door



OR we might feel like shouting or breaking something but not do it.



We might feel churned up or upset inside.

We might feel like crying or running off.



Different things can make people feel angry.

Some things that might make us angry are:

- being shouted at
- when people don't listen to you
- being bullied
- hurting yourself
- breaking a favourite toy or game
- when the iPad doesn't work





Jack's brother is playing on his Xbox.

Jack wants to have a go but his brother won't let him.

Jack's brother called him "stupid".

This made Jack feel very upset and angry.



Feeling	Picture of an angry face	Things that make me feel angry
<p>Angry</p> 		<p>My sister hitting me.</p> <p>When I can't do something that I really want to do.</p> <p>Hearing about cruelty to animals.</p>

What makes you feel angry?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking angry.

Can you write or draw some things that make you feel angry?

Feeling	Picture of an angry face	Things that make me feel angry
<p>Angry</p>  		



Calm

When we are calm we feel quiet and peaceful.



We will keep still and not move about too much.



When we are calm we can look and listen well.



We feel comfortable.

We can breathe slowly and gently.



Some things that can make us feel calm are:

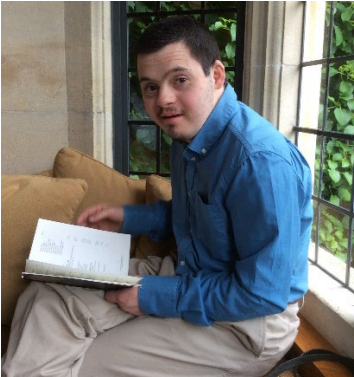


- listening to music
- walking in nature
- being with friends or family
- drawing or colouring
- yoga
- doing relaxation or mindfulness exercises
- having a warm bath



Flora and her dad read stories at bedtime.

Flora likes her bedtime stories.

They make her feel calm before she goes to sleep.


Feeling	Picture of a calm face	Things that make me feel calm
<p>Calm</p>  		<p>Stroking my cat.</p> <p>Walking by the sea.</p> <p>Relaxing in my bath.</p> <p>Reading a lovely story.</p>

What makes you feel calm?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking calm.

Can you write or draw some things that make you feel calm?

Feeling	Picture of a calm face	Things that make me feel calm
<p data-bbox="163 336 271 376">Calm</p>  		



Tired

When we feel tired we don't have much energy.



We might yawn and feel like we want to close our eyes.

When we are tired we find it hard to concentrate.



Being tired can make us bad-tempered and grumpy.

It's very hard to be patient when you are tired.



Staying up late watching TV or playing with our tablet can make us tired.

We are not getting enough sleep.



Other things that can make us feel tired are:

- going on long walks
- playing sports
- doing hard school or college work
- boring talks
- being woken up in the night



Sometimes we might feel tired because we are poorly.



We might need a rest.



Fran is staying up late.

Fran is playing on her computer instead of sleeping.

She will be tired at college tomorrow.



Feeling	Picture of a tired face	Things that make me feel tired
<p>Tired Sleepy</p> 		<p>Going to the gym.</p> <p>Having a long work meeting.</p> <p>Going to bed too late.</p>

What makes you feel tired?

Can you draw a picture, or stick a photo on the feelings grid on the next page?

Draw a picture of you or someone else looking tired.

Can you write or draw some things that make you feel tired?

Feeling	Picture of a tired face	Things that make me feel tired
<p data-bbox="163 352 479 395">Tired Sleepy</p>  		

Feeling		Extra words	Do you know about this feeling?
Happy		Jolly Smiley	
Sad		Upset Unhappy	
Excited		Giddy	
Scared		Anxious Frightened Afraid Worried	
Angry		Mad Furious	
Calm		Chilled Relaxed	
Tired		Sleepy Exhausted	

How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



You can also email us at
info@downs-syndrome.org.uk

You can write to us too.

Our address is:



Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

Down's Syndrome Association

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