

# KEY MESSAGES

- Everyone has feelings.
- Feelings are simply feelings.
- There are no 'good' or 'bad' or 'right' or 'wrong' feelings.
- Imagine them like visitors that come and go.
- All our feelings are helpful. They can tell us important things and help us know what we need.
- It's OK to feel all our feelings (we need to be careful of how we behave when feeling, e.g., anger. It's OK to feel angry but it's not okay to hurt someone or break things).
- Sometimes what we are feeling feels uncomfortable.
- When we recognise and name our feelings, we can understand what's happening and find ways to manage when we feel uncomfortable.
- We can feel our feelings in our bodies. These are physical feelings like 'butterflies in our tummy'...

**MY BRILLIANT place to be ME!** is all about finding out about our feelings and ways to manage when what we feel isn't so good.