

# Reading Feelings

When you have a strong feeling or thought, think about the following steps.

1

**What has happened in the lead up to your thought or feeling?**



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2

**How are you feeling?**

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**What are you going to say about how you are feeling?**

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**What are you going to do with your feeling?**

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5

**Do you need to manage this feeling or are you feeling comfortable already?**

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This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).