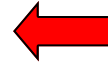


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Adolescent Girls Emotions Booklet

Version 1.0

About Visual Aids for Learning

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www.visualaidforlearning.com

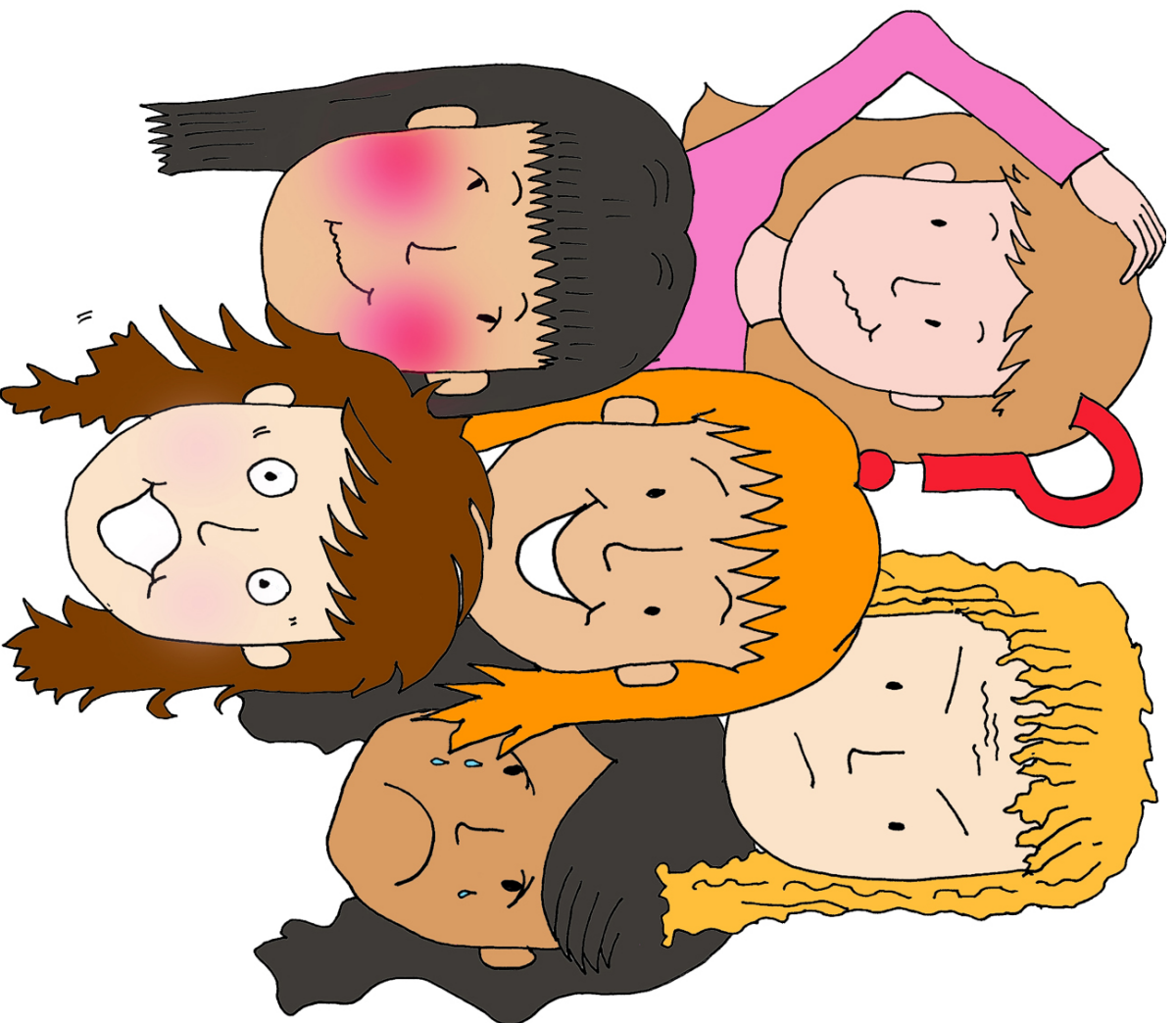
How to make your booklet

1. Print this document (we recommend using 180—200 gsm matt card)
2. Cut each card in half using the grey lines as a guide if you want a smaller booklet.
3. Place the visuals in the correct page order as numbered on the bottom right corner
4. Staple or ring bind the pages together.

Copyright and allowable uses

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My feelings

1

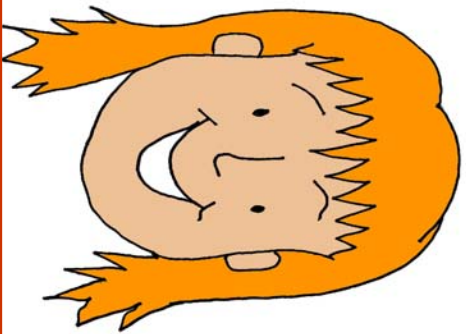
Note to Parent/Carer:

Young people with learning delays often struggle with understanding all the different emotions. This booklet is created as a workbook to guide your young person through the various emotions starting with the most commonly understood emotions of happy and sad and moving through to embarrassment and excitement. Understanding the emotion of excitement allows for a natural progression of understanding feeling excited in a sexual way which comes with puberty and adolescence and leads to behavioural actions.

While we have endeavoured to make the booklet as simple as possible without losing the overall concept you may need to adapt the ideas/language to suit your young person. We hope it may also provide enough ideas to lead to into further conversation and discussion.

2

happy



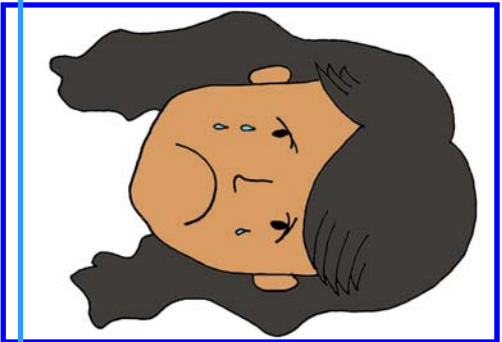
Draw a picture
or stick a photo
of a "happy"
you in here.



Write or draw something here
that makes you happy.

When you feel happy you
smile and laugh.

sad



Draw a picture
or stick a photo
of a "sad" you
in here.



Circle the things below that make
you sad.

*falling over

*watching a sad movie

*friends not talking to me

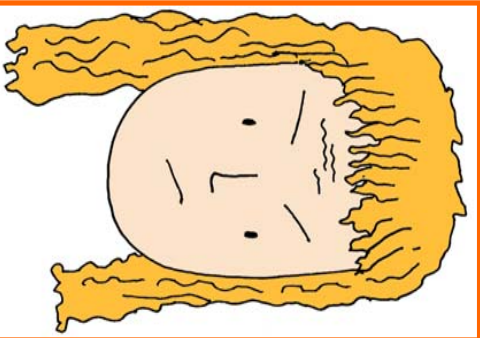
*feeling sick

*not being allowed to play
with friends

What else makes you sad?

When you feel sad your mouth turns
down and you cry.

angry



Draw a picture
or stick a photo
of a "angry"
you in here.

Circle the things below that you get
angry about.

*not being allowed to
play with friends

*my favourite TV show
not being on

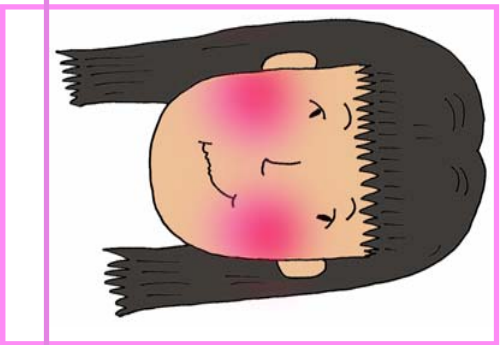
*having to eat food I don't like

*getting into trouble when it
wasn't my fault

What else makes you angry?

When you feel angry you clench your
teeth and fists.

embarrassed



Draw a picture
or stick a photo
of a
“embarrassed”
you in here.



Tick the things below that make you
feel embarrassed.

Forgetting to do your homework

Talking in front of the class

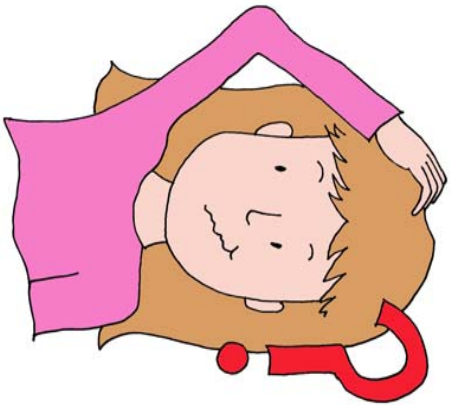
Passing wind and someone hearing

Telling a joke and no-one laughs

What else makes you embarrassed?

When you feel embarrassed your face
goes red and feels hot.

confused



Draw a picture
or stick a photo
of a "confused"
you in here.

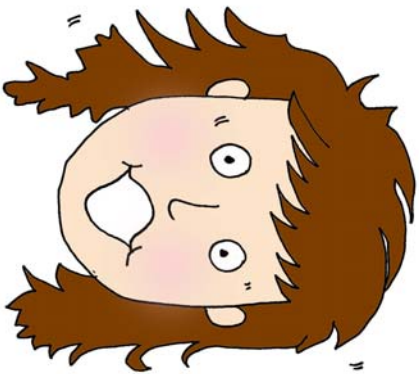


What are some things you get
confused about?

Draw or write them here.

When you feel confused you can't work out
what to do and may make a mistake.

excited



Draw a picture
or stick a photo
of a "excited"
you in here.



Tick the things below that make you
feel excited

Going to a party

Having a birthday

Talking to a handsome boy

Going to the movies with friends

What else makes you feel excited?

When you feel excited you want to clap
your hands very fast.