

# calm

Look below at the pictures. Can you find 4 children who look calm?

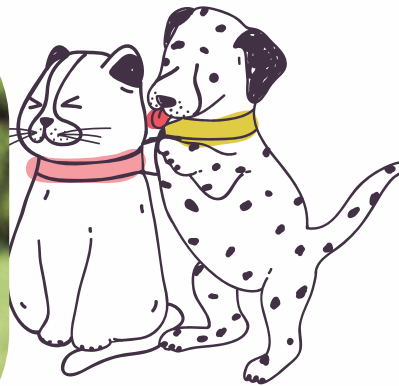




# annoyed

Look at the pictures below. For each picture, state who seems to be feeling **annoyed** and how you can tell.

Then, try to figure out what is **annoying** them.



What (or who) **annoys** YOU?

In other words, what (or who) do YOU find **annoying**? Why?

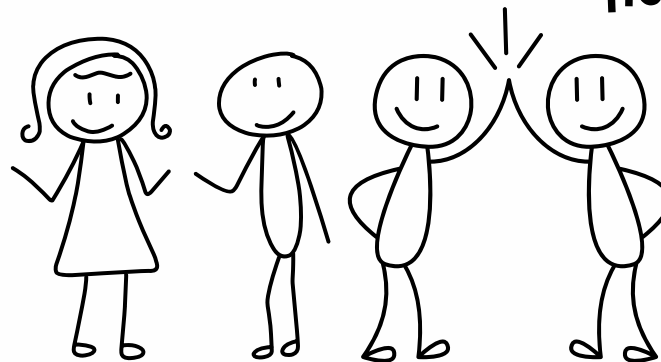
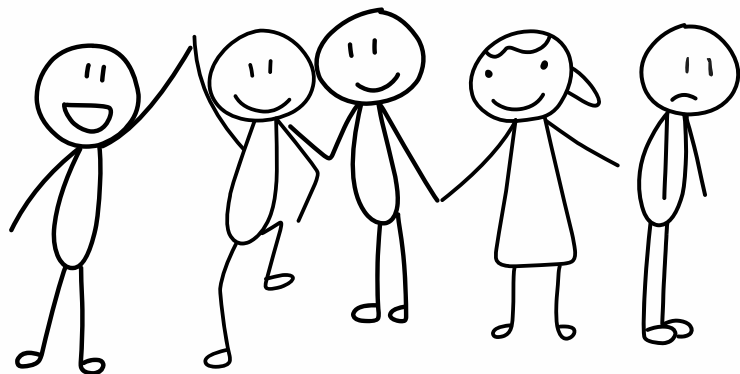
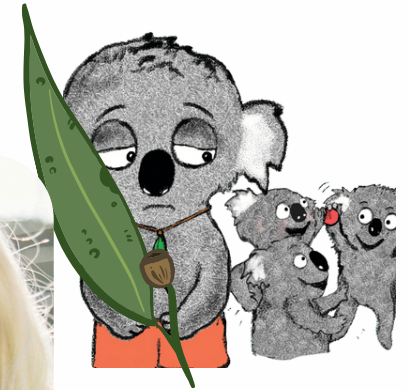




# left out

This girl is feeling **left out**.  
What is something she could  
do to make herself feel  
better?

If you saw her like this, what  
might you do?



Here is a group of children.  
One is  
feeling **left out**.  
Can you find them?

Have you ever felt **left out**? What did you do to feel better?





Would you feel  
**amazed** if you saw  
any of these things  
in real life?  
Which would you find the  
most **amazing**?



**amazed**



Think of a time when you felt **amazed**?  
What was so **amazing**?

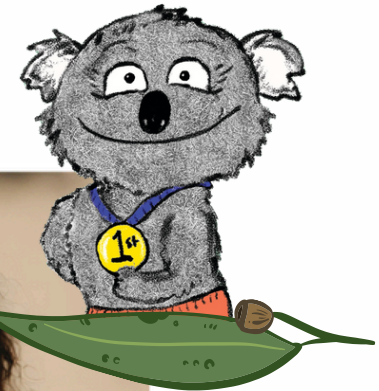
**HOMEWORK TASK:** This week, find something that amazes you .





# proud

All of these kids have won a medal. Each feels **proud**.  
Make up a reason why each kid feels **proud**.  
(Of course you don't have to win a medal to be proud of something!)



She is proud because...

He is proud because...





# jealous



Which kids might  
be feeling **jealous**?  
What do you think  
they might be **jealous** of?



Have you ever felt  
**jealous**?  
What was it  
about?  
Was it a nice  
feeling?  
What did you do?





# surprised

Note that everyone's  
eyes and mouths  
are open wide!

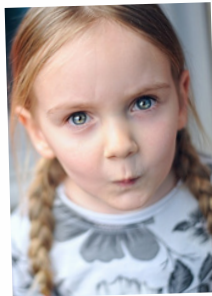
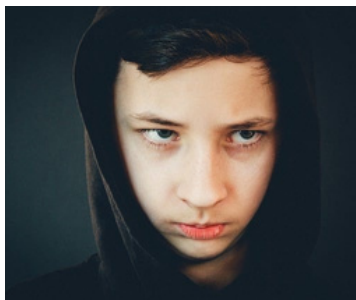
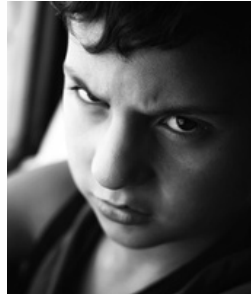
All of these people (and animals) have been  
**surprised** by something. What do you think  
happened to make them feel **surprised**?  
Make up a reason for each one.





# angry

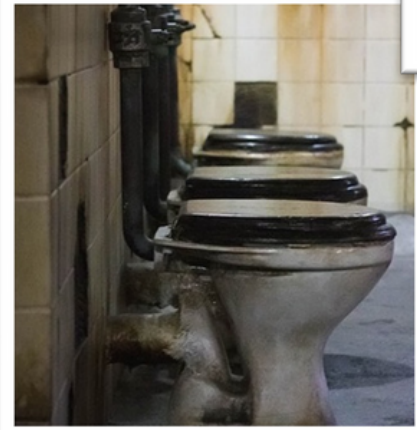
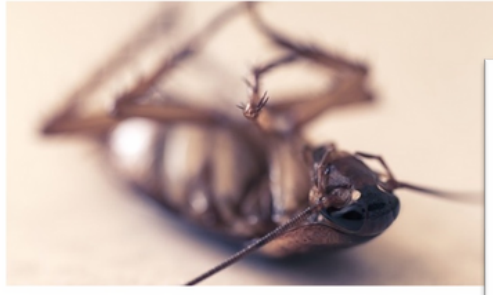
Look at the pictures below and **GUESS!**  
Which people might be feeling **angry**?  
Which ones might be feeling **furious**?  
\*Remember it can be hard to tell.





# disgusted

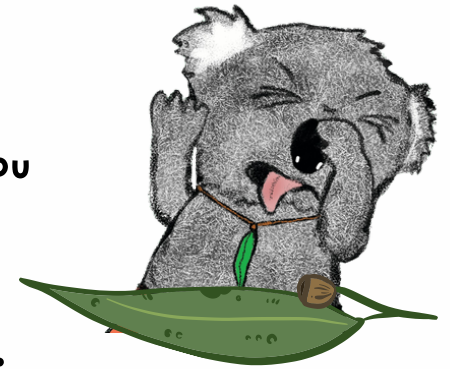
Different things disgust different people.  
Do you feel **disgusted** by anything below?  
If so, why do you find it so disgusting?  
(By the way, Coco LOVES green soup!)





# disgusted

Different things disgust different people.  
Sometimes it might be a taste, a smell, something you  
see or even something someone says.



All these people are feeling **disgusted**.  
Can you guess they might be disgusted by?





# creative

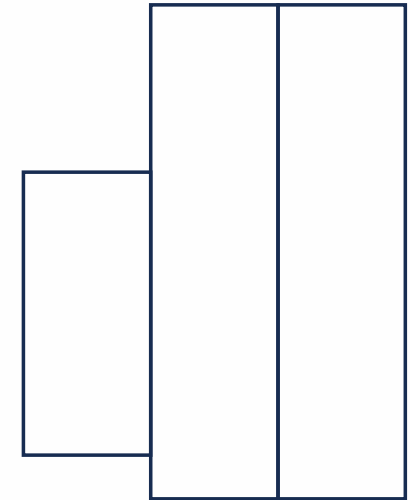
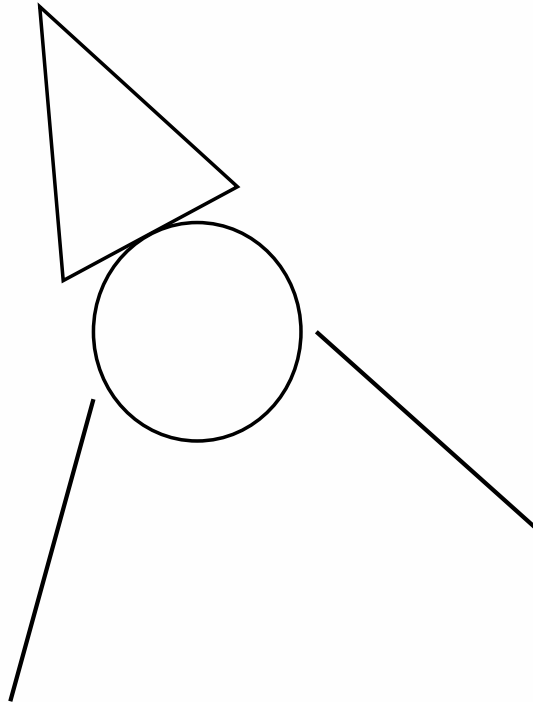
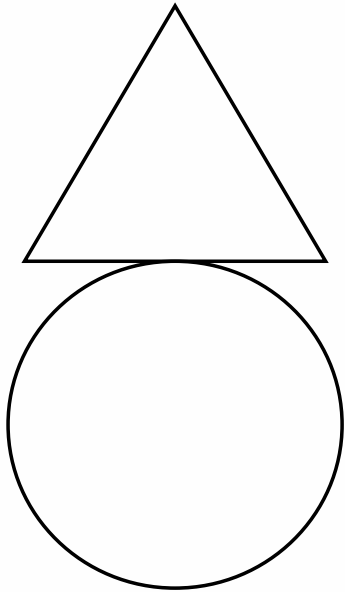
## Are you feeling creative?

Here are some shapes.

Make each set into a picture. Use your imagination!

There is **NO** right or wrong way to do this!

Being creative means you can create **ANYTHING!**



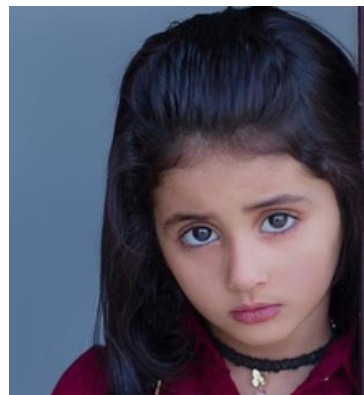
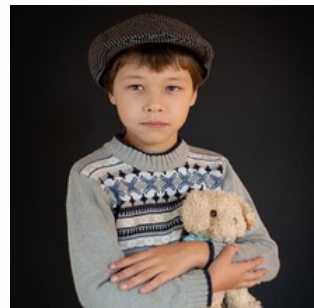


# sad

Look at the pictures below and GUESS... Which people might be feeling **sad**?

\*Remember sometimes it can be hard to tell.

When you find a person you think is feeling sad, try and make up (imagine) a reason why they might be feeling that way. (There is NO right or wrong answer!)



If you knew the sad person, what might you say to them?



Coco Koala Emotions © Copyright 2025 pelicantalk.com



# frustrated

This boy is feeling **frustrated** because he has been trying to draw a picture of a dog and he just can't make it look **EXACTLY** how he wants it to look. He growls and he looks angry... and he screws up the picture that he has drawn.

Do you think he is a little bit frustrated? Or **REALLY** frustrated?



What do you find tricky to do?  
Do **YOU** feel frustrated when you try to do it?

If we get **REALLY** frustrated, we often give up trying because we are no longer in control.  
What would you suggest the boy does right now?

- Some suggestions**
- Give up?
  - Calm down?
  - Try again?
  - Throw his book at the wall?
  - Draw a cat instead?
  - Ask for help?
  - Have a break and come back to drawing later?
  - Scream out "I CAN'T DO THIS!" ?





# excited

All of these people (except for one) are feeling **excited** about something. Being excited is a **REALLY** happy feeling.

See if you can copy (or talk about) what the face and body of each person is doing.  
What do you notice about their mouths? What do you notice about their hands and arms?

Can you find the odd-one-out?

What are they doing that makes them look different to the rest?





# sorry

One day, Jock was playing with his soccer ball inside.

Mum said, "No balls in the house, Jock. You can play outside."

But Jock didn't listen. While Mum went and had a shower, he kicked the ball around the kitchen...

Have a look at these pictures. Make up a story about what happened next. Include words about how Jock and Mum felt.

Somewhere in your story, make sure you include the words **Jock felt sorry**.

Also include what Jock said and did when he was feeling sorry.





# silly

It can be fun to feel **silly**. When we feel silly, we are in a good mood and it can put others in a good mood too! Sometimes it can make others laugh.

Look below at all these people being silly. They are all feeling silly!

Is it just kids who feel silly? Do you know any people who are often silly?



## Discuss

1) If we are in a silly mood and our friend isn't feeling the same way, they might get annoyed by us. What might they say? What should you do?

2) It's not a good idea to act silly in some situations. What are some good places and times to be silly? What are some not-so-good places and times to be silly?





# kind



Here are 8 images of people who are feeling kind. Look at each picture. Which one do you think is being **kind**?

What are they doing that is **KIND**?  
Think of the last time that you were feeling **kind**. What did you do?

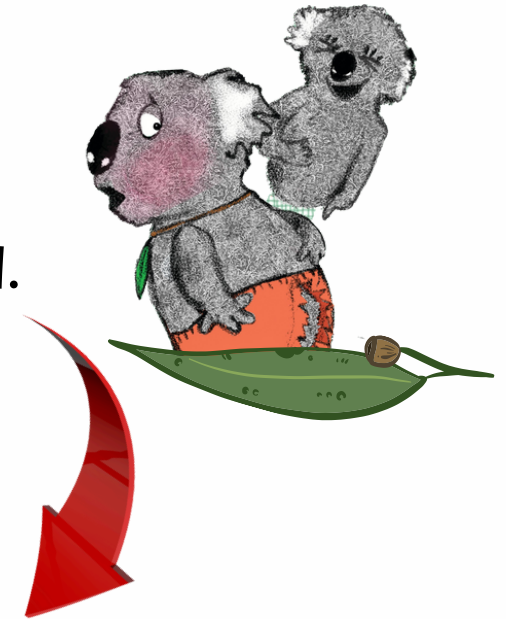




# embarrassed

People can feel **embarrassed** for different reasons.  
Sometimes, when we feel embarrassed, our cheeks might go red.

Sometimes, we might want to hide.  
What **MIGHT** have embarrassed these two kids?





# scared





# happy

People often smile when they feel **happy**.  
But some people might put on a smily mouth  
even if they are not happy.  
See if you can find some truly happy smiles below.



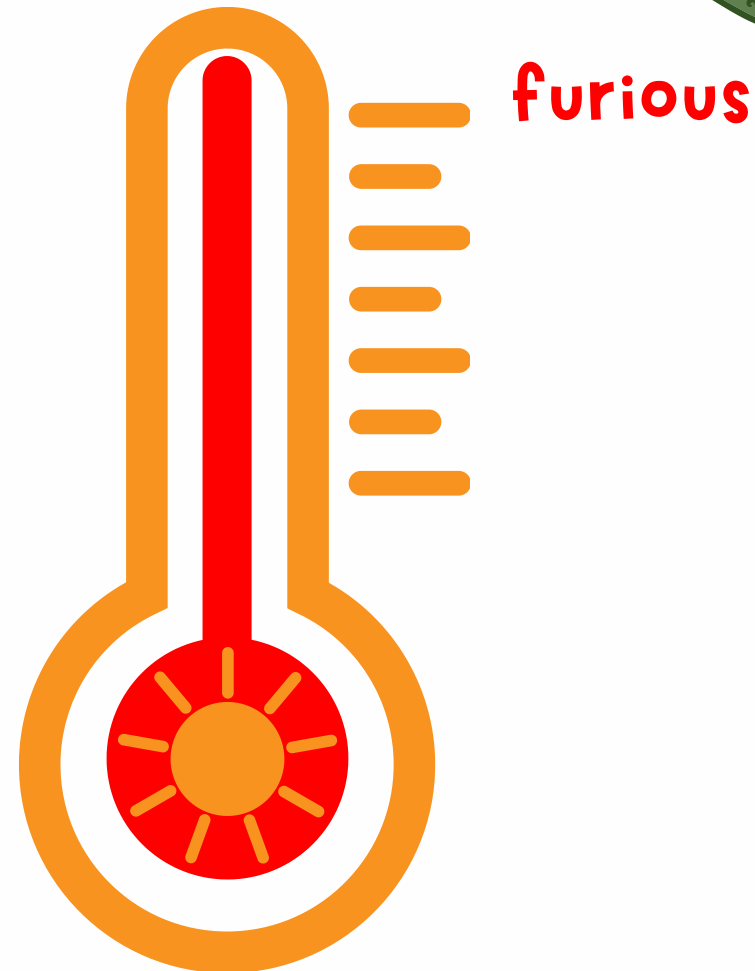
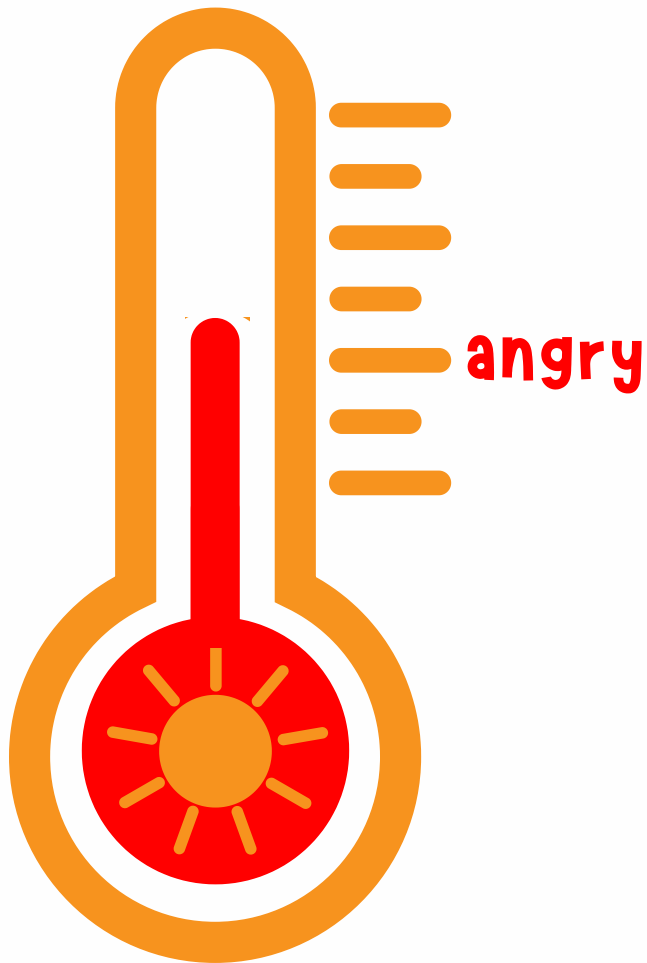


# furious

If you feel **furious** it means you are really angry.

See the thermometers below.

What can YOU do when you feel angry to stop yourself from becoming **furious**?





# brave

Often people show pictures like the ones below when they are talking about characters who are **brave**.

Here is a secret...When you feel brave, you are usually still a little bit scared of what you are planning to do. That is the **TRUE** meaning of feeling brave. Feeling brave is different to feeling fearless.

Is there something you are a bit scared of doing?

Is it something that can't **REALLY** hurt you?

Draw yourself feeling **brave** in the box below.

