

Navigating Our Feelings with Pip and Friends

Be a Feelings Explorer: Your emotions are your inner compass!

- All feelings are valid; they are messages from your brain telling you how you are experiencing the world around you.
- It is healthy to name your feelings. Using 'I' statements, such as 'I feel frustrated because...', helps others understand your perspective.
- Physical activity, deep breathing, or talking to a trusted adult can help you manage big emotions when they feel overwhelming.
- Empathy is the ability to understand and share the feelings of someone else, which helps us build strong, kind friendships.
- Taking a moment to pause, known as mindfulness, allows you to observe your feelings without being controlled by them.
- Resilience is the strength to bounce back after feeling down, knowing that difficult emotions will eventually pass.

Did you know? Did you know? Even though we have thousands of different emotions, scientists often group them into core categories like joy, sadness, fear, anger, and surprise. Just like the weather changes outside, our feelings shift and change throughout the day—and that is perfectly okay!

Key vocabulary: Resilience · Empathy · Self-regulation · Well-being · Perspective · Mindfulness