# Looking After My Feelings with Nova the Owl

*Learning objective: To understand that everyone has feelings and to learn ways to support our own mental wellbeing.*

Nova the Owl wants to help you think about your feelings. Use the sentence starters below to write about your emotions. Remember, it is okay to feel different things each day.

Nova the Owl says that just like the weather changes, our feelings can change too.

*Word bank: happy · sad · calm · worried · kind · breathe · talk · because · sometimes · always*

**1. How have you been feeling today? Start your sentence with: Today I feel... (2 marks)**

**2. What makes you feel happy or calm? Start your sentence with: I feel happy when... (2 marks)**

**3. What can you do if you feel worried or sad? Start your sentence with: If I feel worried, I can... (2 marks)**

**4. Who is a person you can talk to when you have big feelings? Start your sentence with: I can talk to... (2 marks)**

*Extension challenge: Draw a picture of your 'calm place' where you like to go when you need to relax.*