

## How Are You Feeling Today? With Nova the Owl

Be a feelings explorer! It is always okay to talk about how you feel.

- Nova says: All feelings are like clouds in the sky; some are big and bright, and some are grey, but they all move along and change.
- When we feel worried or sad, telling a trusted grown-up is a brave and clever way to help our hearts feel lighter.
- Being kind to ourselves means using gentle words, just like we use gentle words when we are being kind to our friends.
- If you are feeling big emotions, you can try counting to three or giving yourself a great big hug to help you feel steady.
- Everyone feels different things at different times, and that is what makes us all special and unique.

*Did you know? Did you know? Just like Nova the owl needs to rest her wings after a long flight, our brains need rest too! Taking big, slow breaths helps our minds feel calm and ready for a new adventure.*

**Key vocabulary:** happy · sad · calm · brave · worried · kind · feelings