

My Feelings and Friends: A Wellbeing Word Mat

Learning objective: To develop emotional literacy by identifying and naming feelings and understanding the importance of kindness and support in our community.

Key Vocabulary

Use this word mat to help you talk about your feelings. The terms are grouped into three categories: 'How I Feel', 'Talking About Feelings', and 'Being a Good Friend'.

Pip the caterpillar...	If your friend is f...	Which word on t...
Max the monkey i...	Can you name a t...	