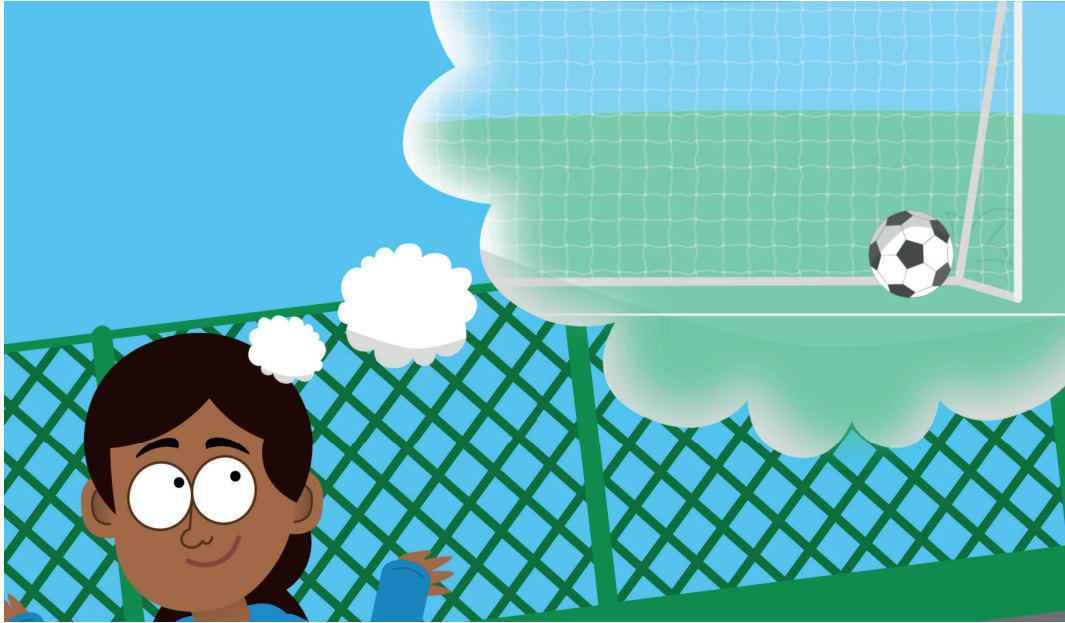




# Familiar Feelings



You look excited and happy. Does it make you want to cheer and shout?



Of course, because you scored a brilliant goal and want to **celebrate**.

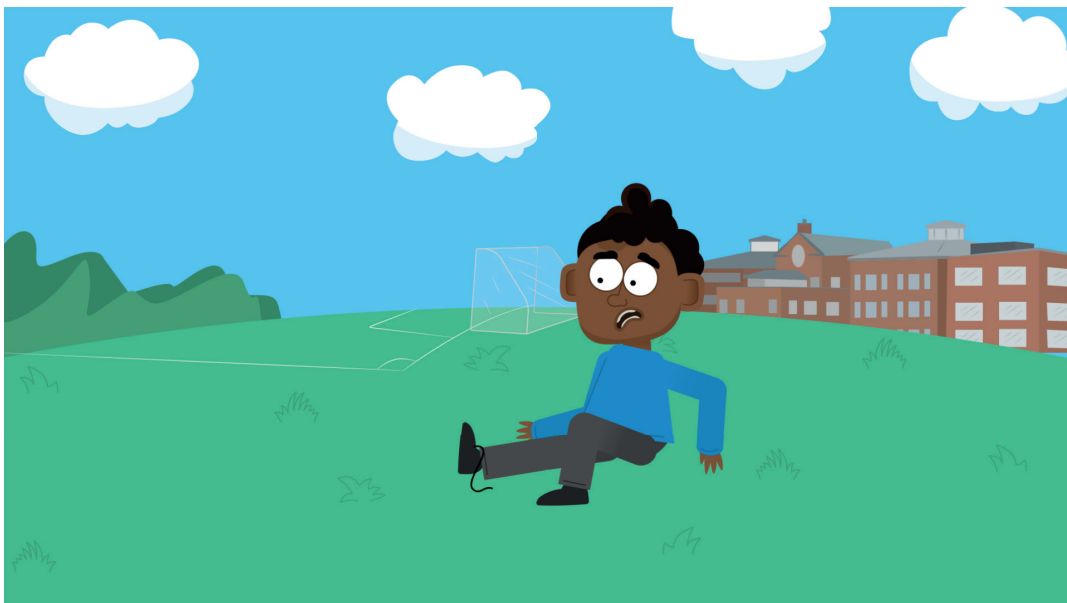


Oh dear, you look **annoyed** and **sad**. Right, so you couldn't save the goal, so your team lost. And that **hurt** your feelings.

That game you played **together**, felt different for both of you.



Some small events can still give you huge feelings and those feelings can change how we act. Just look over there.



They're **frustrated** because they can't tie their shoelaces. It's making them feel **upset** and **angry**.



But now they are being helped by their thoughtful friends. They feel **calm** and **relaxed**.



If we find out what causes our feelings, we can learn to understand our **emotions...** and each other.