

## Lesson One:

It's perfectly healthy to feel a range of emotions throughout the day. We all feel a range of emotions, often from each of the four quadrants depending upon what's happening at the time. Try to keep a diary of the different emotions that you feel and what made you feel them. The next time you are feeling an emotion from the red or blue quadrant, try replicating something you did that made you feel yellow or green. Have a go and see how you get on.

Enraged	Furious	Frustrated	Shocked	<b>M</b>	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	<b>O</b>	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	<b>O</b>	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	<b>D</b>	Pleasant	Joyful	Proud	Blissful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disgusted	Disappointed	Glum	Ashamed	<b>E</b>	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	<b>T</b>	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	<b>E</b>	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	<b>R</b>	Relieved	Restful	Tranquil	Serene

## Lesson Two:

Scientists have found that when we do kind things for others, not only does it help them to feel happier; we feel happier too. In fact, Science shows that helping others can have the same effect on our brain as receiving a gift ourselves or eating our favourite food! Helping others can also take our mind off our own worries.



Think about the last week. Make a note of each act of kindness or giving that you have spotted in your home. Use a blank piece of paper or your blank exercise book to complete the task.

Who	What	How	Where	When	Why
Jenny	Helped dad prepare	She buttered the bread and	At home	Saturday	So dad didn't have as much

	dinner	laid the table.			to do.