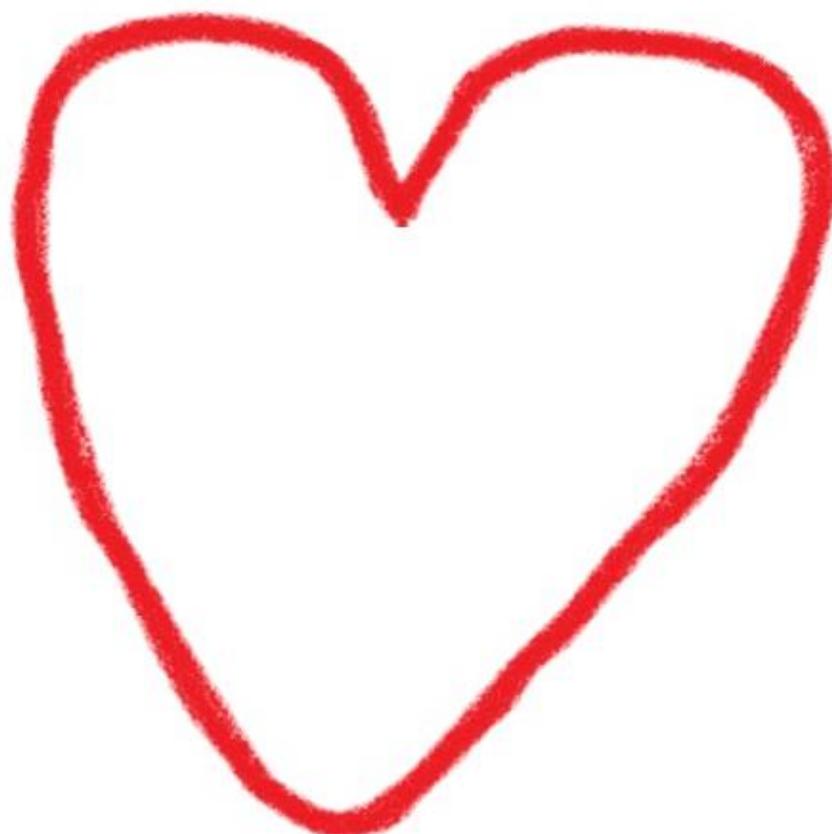


## Jumbled Feelings

In addition to his mum's name and love, Sammy also carries a lot of feelings inside. However, he is confused and needs your help to identify the different emotions. You can help him by giving a name to what you think he feels inside. Would you be able to write these feelings down in Sammy's heart?



- Why do you think Sammy feels this way?
- Did you experience any of these feelings yourself? Which ones?
- Is there anything that Sammy can do to feel better?

**Some of the feelings that you can discuss:**

Sad – Angry – Supported - Confused  
Scared – Guilty – Loved – Mixed-Up – Hugged - Happy

Insensitive - Jealous - Sad - Lonely - Relieved - Denial - Empty -  
Disappointed - Anxious - Gratitude - Listened to - Overwhelmed - Shocked  
- Sensitive - Surprised – Withdrawn - Depressed – Being Cared for - Clingy -  
Supported - Uneasy - Tired - Motivated – Preoccupied - Distraught -  
Distracted – Emotional - Calm - Grief / Pain - Helplessness