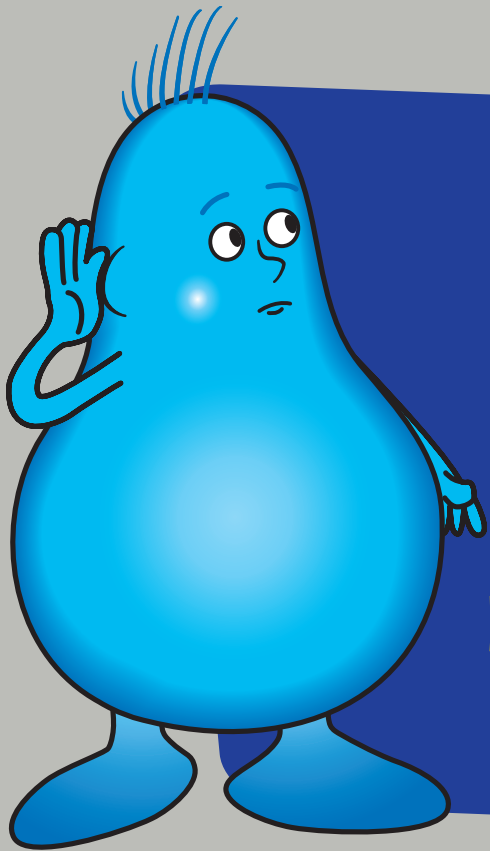


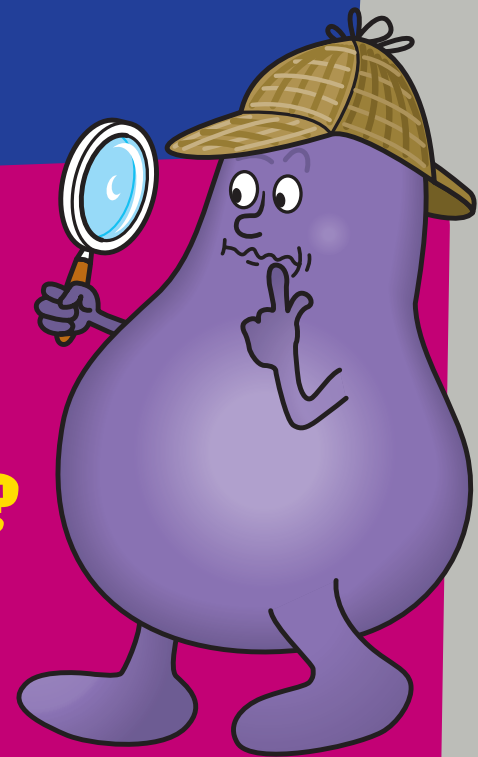
# FEELINGS DETECTIVE

UNDERSTANDING OTHER PEOPLE'S FEELINGS



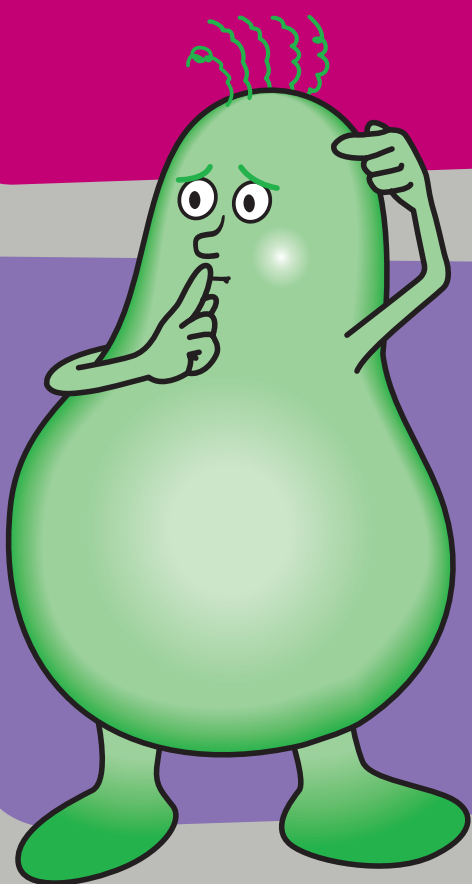
## Listen

**Listen to the words  
and how they are spoken  
How do they make you feel?**



## Look

**What is the other person doing?  
What are other people doing?  
What is the face showing?  
What is the body showing?  
What is happening all around?**



## Think...

**How would you feel  
if you were them?**

# FEELINGS DETECTIVE

## UNDERSTANDING MY FEELINGS

What do I want to do?

What am I thinking?

What is my body doing on the inside?

cry

butterflies in my tummy

laugh

tight muscles

hit out

body hot or cold

run away

heart beating fast

skip

goose bumps

What is my face showing?

What is my body doing on the outside?

