

BOTTLING UP MY FEELINGS

When bad things happen, we get tired or stressed, or sometimes for no obvious reason, feelings can build up inside us. Like a full bottle of pop, it may only take a small knock for these feelings to burst out in ways that we may not like. We may behave differently, think negative thoughts, and we can even notice changes in our body such as aches and pains.

Cut out and stick in your bottle worksheet any feelings that you may be bottling up at the moment.

Can you recognise any behaviours that are fizzing out because of these feelings?

Mad	Scared	Frustrated	Sad
Bored	Guilty	Jealous	Angry
Lonely	Confused	Hate	Worried
Empty	Hopeless	Hurt	Worthless

