

Exploring my emotions



Your video pack to explore
joy, sadness, fear, and anger

We all have different emotions, and they can feel big and confusing sometimes. That's okay – it's part of being human!

This video pack will help you understand four key emotions: **joy**, **sadness**, **fear**, and **anger**. Each video is full of helpful tips and ideas to guide you in managing your feelings and learning how to feel your best.



Exploring joy

Joy is a wonderful feeling that makes us smile and feel light inside. This video will show you how to recognise joyful moments, share happiness with others, and celebrate the little things in life.



Watch the video now



Understanding sadness

Sometimes we feel low, and that's okay. This video will teach you how to name and understand sadness, and how to take small steps to feel better.

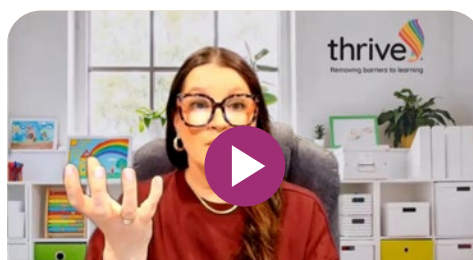


Watch the video now



Facing fear

Fear can feel scary, but it's also an emotion we all feel. Learn how to face your fears, feel more confident, and discover your courage in this helpful video.



Watch the video now



Handling anger

Anger can bubble up when things don't go as planned. This video is full of tips on how to calm yourself, understand why you feel angry, and make positive choices when you're upset.



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If you've watched the videos, you've now learned some helpful ways to understand and manage your emotions. Remember, it's okay to feel all sorts of things – **joy**, **sadness**, **fear**, and **anger**. What matters most is how we take care of ourselves and others when we feel those emotions.

Keep practising the tips you've learned and always remember that you can talk to someone you trust when you need help. You're doing great!

Stay connected



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