

# The tangled ball

**This simple activity can help pupils to express and identify their feelings.**

There is no right or wrong way for pupils to feel, and these emotions can sometimes feel 'tangled' and all over the place.

This activity can help your pupils recognise the different emotions they are experiencing and can aid conversation around how they feel in that moment. Use the diagram below and shade in the words that stand out the most to you.

For secondary school pupils, help them identify the additional support the school can provide them to help them get through this feeling.

Be aware that if a pupil discloses safeguarding issues during this activity, you should follow your school's normal safeguarding procedures.

