

# Exploring my emotions



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

We all have different feelings, and sometimes they can feel really big or a bit confusing.  
That's okay – it's part of being you!

This video pack will help you learn about four big feelings: **joy**, **sadness**, **fear**, and **anger**. Each video has fun ideas and tips to help you understand and take care of your feelings.



## Exploring joy

Joy is the happy feeling that makes us smile and feel light inside. In this video, we'll show you how to spot happy moments, share joy with others, and celebrate the little things that make us smile.



Watch the video now



## Understanding sadness

Sometimes we feel a bit sad, and that's okay. This video will help you understand what sadness feels like and show you simple ways to feel better when you're feeling low.



Watch the video now



## Facing fear

Fear can feel a bit scary, but everyone feels it sometimes. In this video, you'll learn how to face your fears and feel brave, even when things feel a little scary.



Watch the video now



## Handling anger

Anger can happen when things don't go the way we want. This video will show you ways to calm down, understand why you're feeling angry, and make good choices when you're upset.



Watch the video now

**You've learned some great ways to understand and take care of your feelings!**

Remember, it's okay to feel happy, sad, scared, or angry. What's important is how we look after ourselves and others when we feel those big feelings.

Keep practising the tips you've learned and always talk to someone you trust when you need help. You're doing an amazing job!

Stay connected



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