



Feelings

Cut out the scenarios and sort them using the Venn diagram. Discuss your ideas with the group and decide if these scenarios are everyday or overwhelming feelings.



Raj has fallen out with his best friend. He has spent his lunchtime by himself.



Lonely

Chloe has a test next week and is doing lots of revision. She is worried about passing the test.



Stress

Daniel is having lots of sad thoughts. He doesn't enjoy spending time with his friends anymore.



Depression

Sami doesn't want to go to school. She is feeling anxious, she is shaking and her heart is beating fast.



**Panic
attack**

Jo has just won a swimming competition and is excited to show his medal to his class.



Proud

Evie needs to complete her routine every time she leaves the house. If she doesn't, she worries something bad will happen.



OCD



Feelings

Everyday

Overwhelming

