



The ***Tangled Ball***

Quite often emotions feel ***“tangled”*** and all over the place.

This activity can help pupils identify, label and express their feelings.

This activity can help pupils identify what emotion they are feeling, this can then aid conversation in the moment.

Encourage the pupil to shade in the words that stand out the most to them and how they feel today.



Visit [hhs wellbeing.com](https://www.hhswellbeing.com) for more helpful resources about wellbeing.