

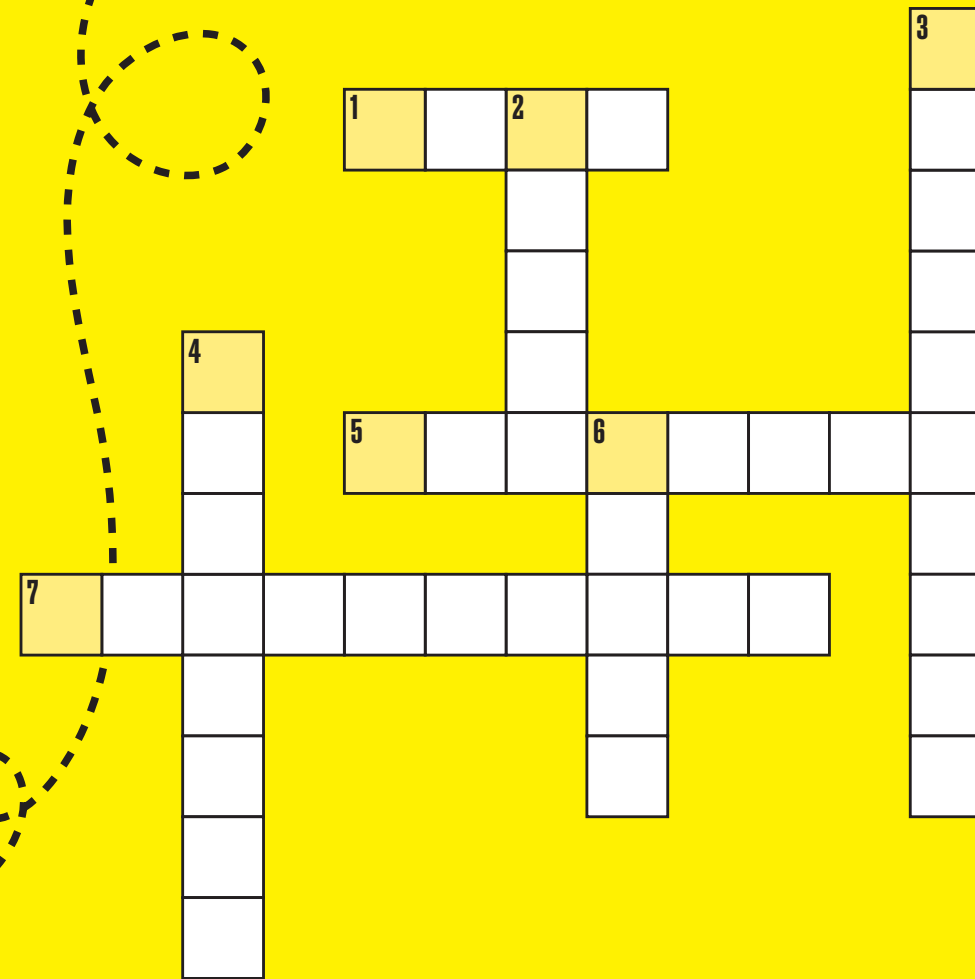
FEELING PUZZLED?

ACROSS

1. A common reaction to scary things, like spiders, loud noises, or dark places. (4 letters)
4. How you might feel when you're cozy, safe, and everything is quiet. (8 letters)
5. That "whoa!" feeling when something fun and unexpected happens. (8 letters)
7. What you feel when you really look up to someone, like a firefighter. (10 letters)

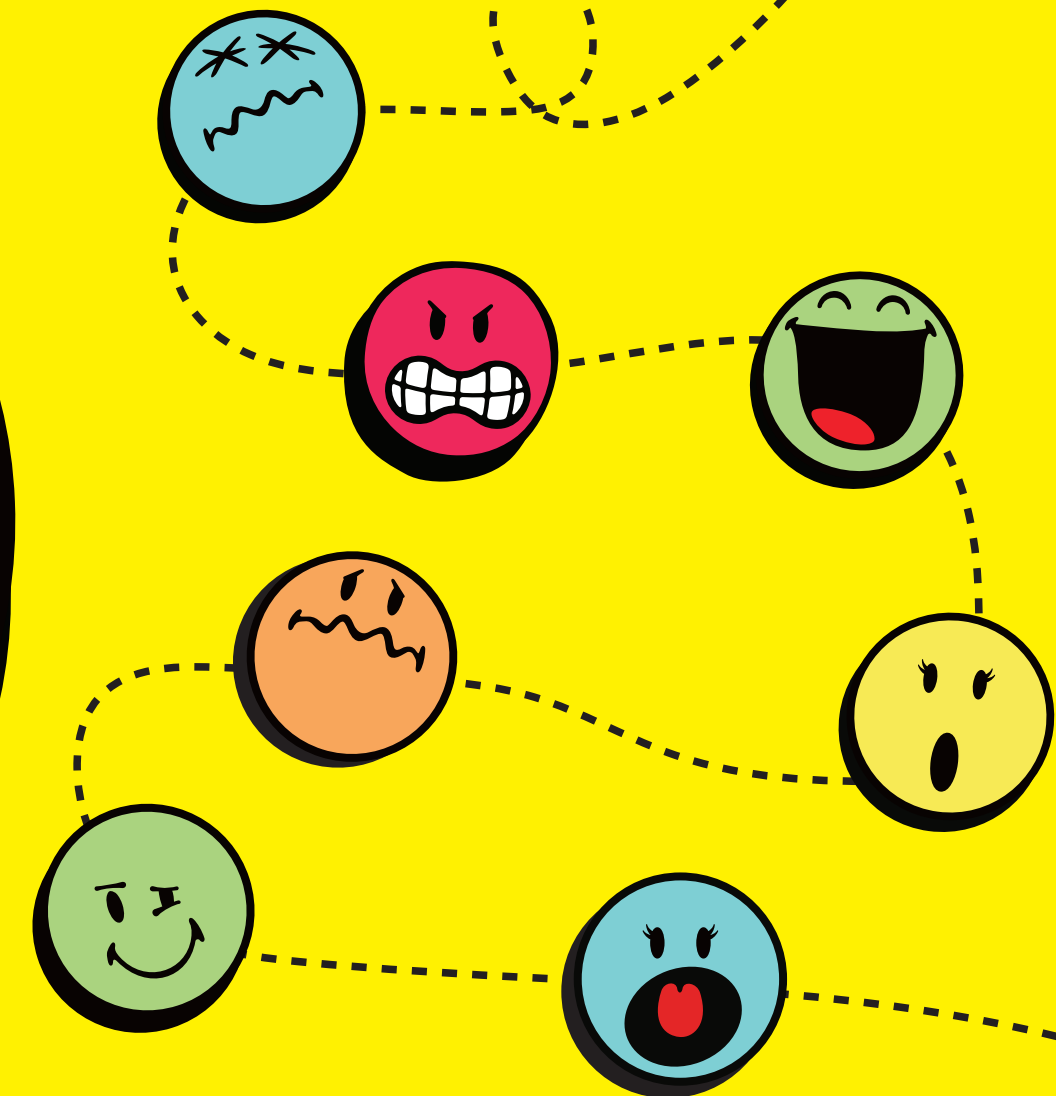
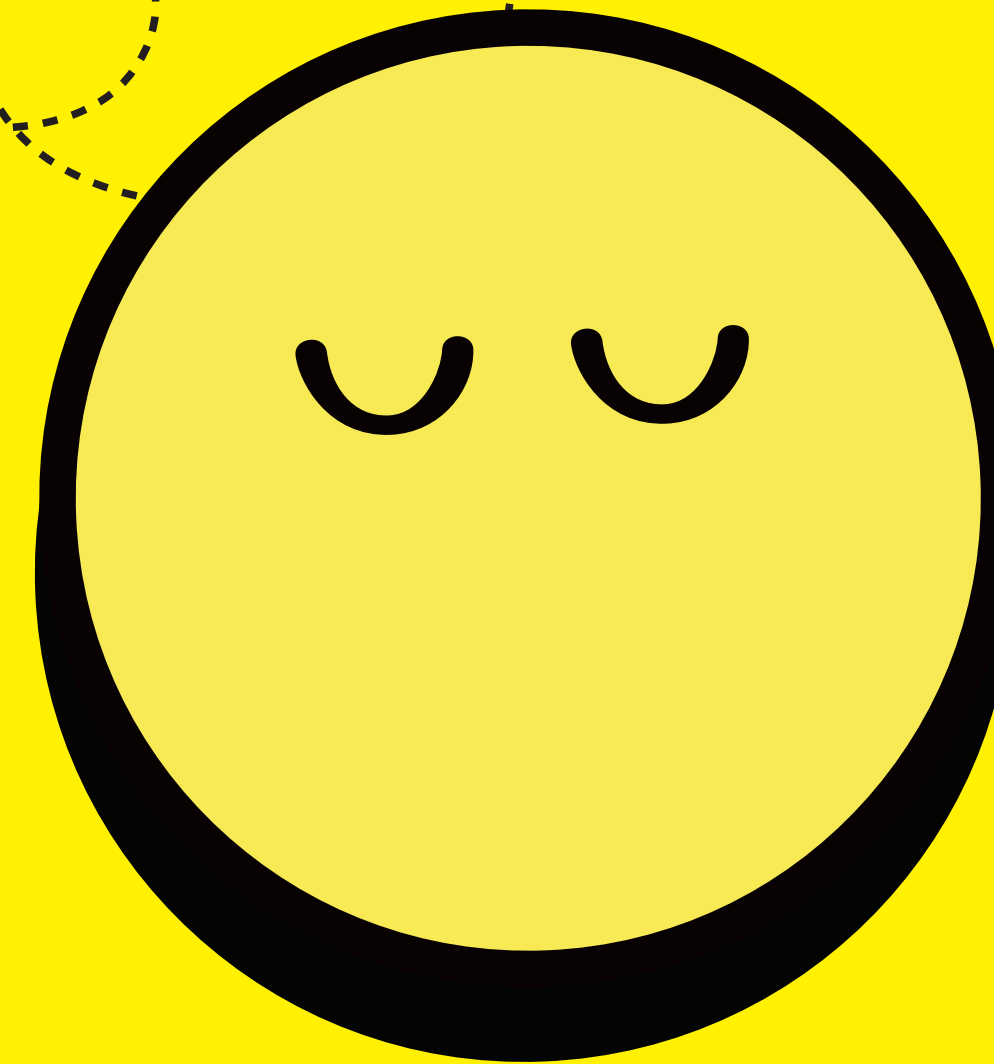
DOWN

2. A hot feeling when something feels unfair or really annoying. (5 letters)
3. Butterflies in your stomach before a party or a fun trip! (10 letters)
6. What you might feel after doing something great, like winning a race or getting a gold star. (5 letters)



HOW WE FEELING?

Give the blank face some emotion with a pen or pencil!



FIX YOUR FACE!

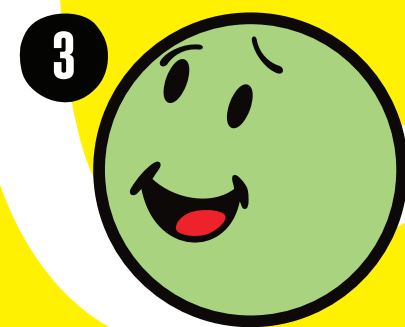
Pick an emotion and act it out while others guess!



Excitement



Sadness



Admiration



Confusion



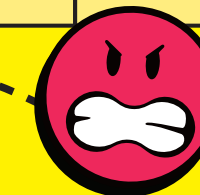
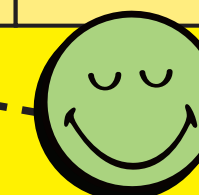
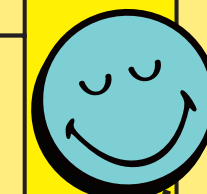
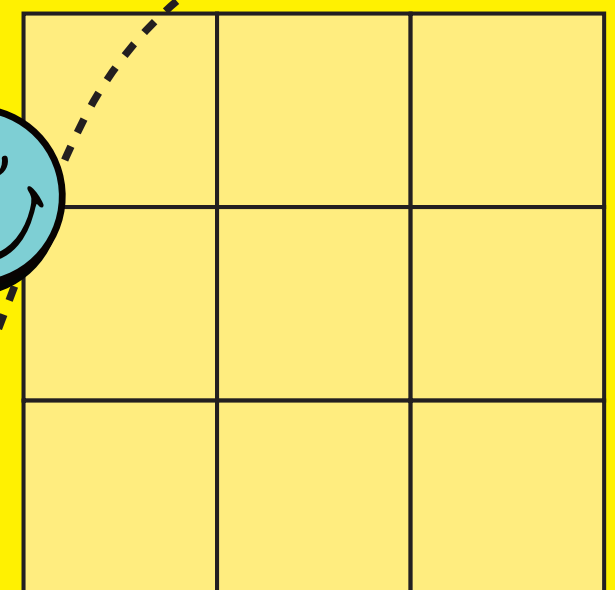
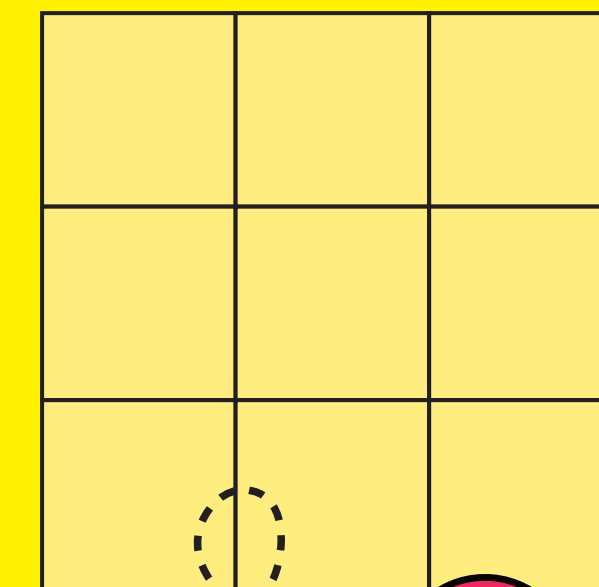
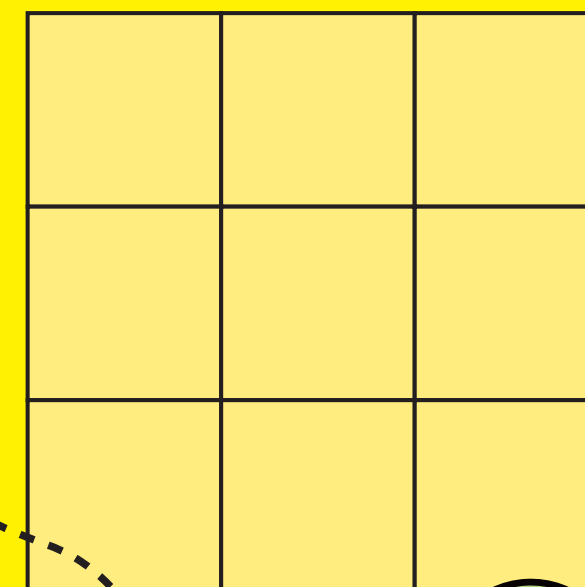
Anger



Amusement

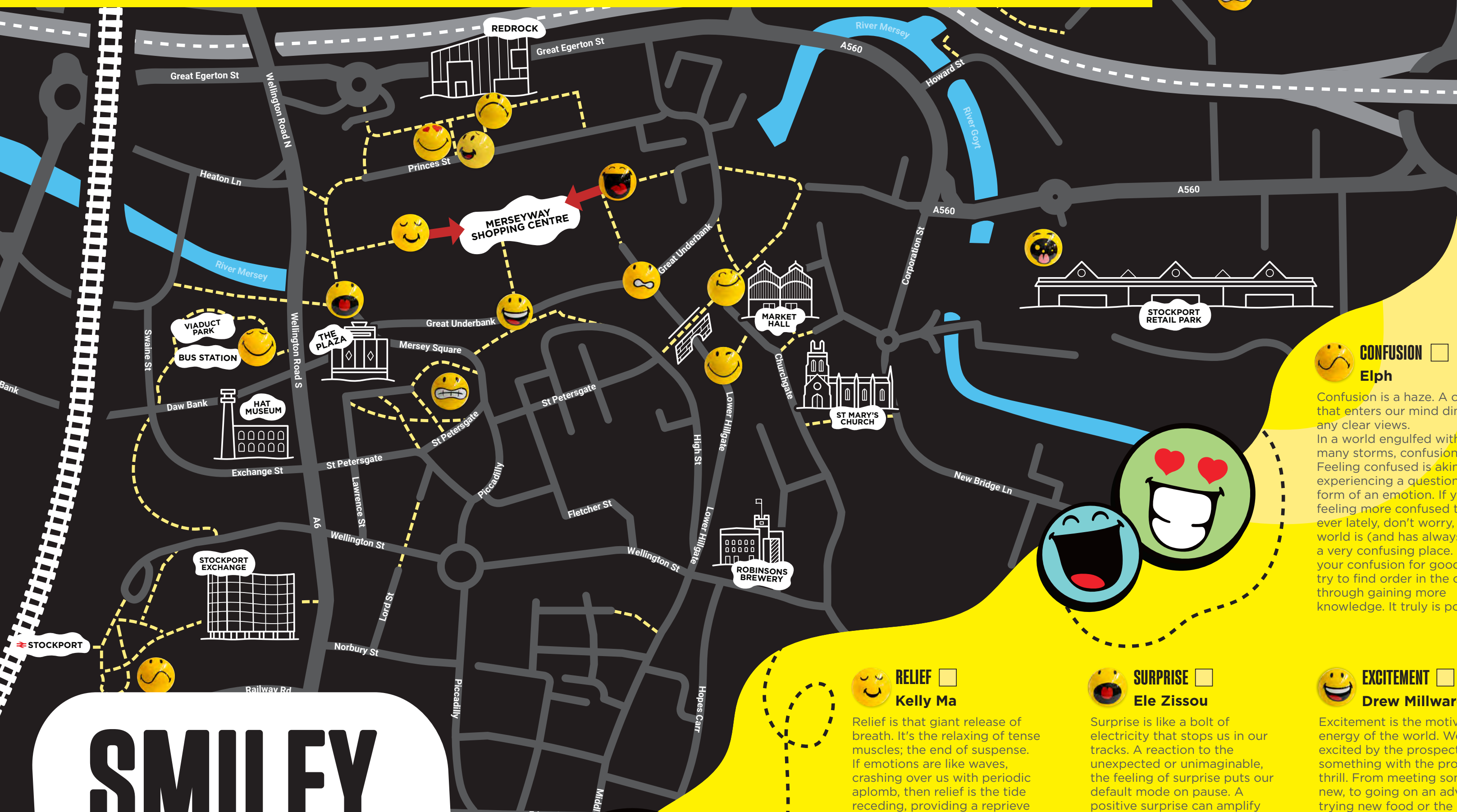
NOUGHTS NOT CROSSES

Try to get three emotions in a row before your opponent does!



CAN YOU FIND ALL 15 EMOTIONS?

✓ Tick off each emotion when you track them down!



SMILEY WORLD®

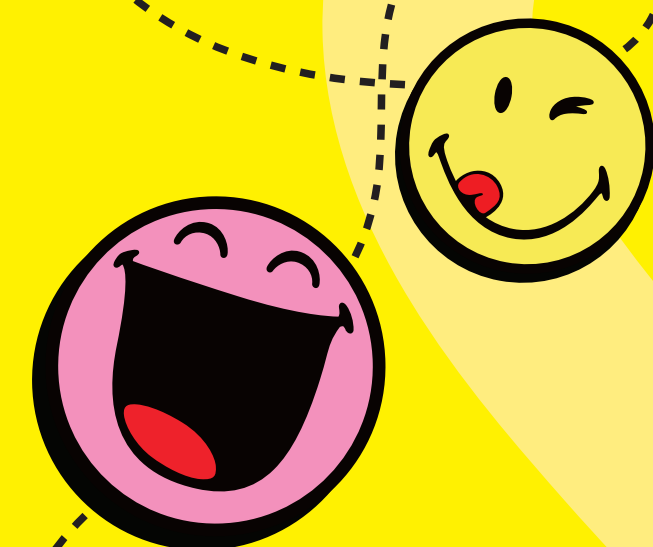
ART TRAIL STOCKPORT

4TH JULY - 13TH SEPTEMBER

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RELIEF ☐
Kelly Ma

Relief is that giant release of breath. It's the relaxing of tense muscles; the end of suspense. If emotions are like waves, crashing over us with periodic aplomb, then relief is the tide receding, providing a reprieve and giving us an opportunity for renewal. Relief tempers anxieties, leaving us with the gift of a much-needed reset. Such doses of therapeutic freedom are fundamental to our functioning. What a relief!



ADMIRATION ☐
Milan Topolovic

We all need a guiding star. Someone to look up to. Someone who shows us the way. When we encounter a truly admirable person we often feel inspired, educated, and encouraged to do better. Expressions of admiration can be hidden by a sense of humility or pride. But showing someone you admire them is easy. Give a compliment. Say the nice thing still left unsaid. Sing someone's praises. Sometimes you'll discover that the admiration goes both ways.



SURPRISE ☐
Ele Zissou

Surprise is like a bolt of electricity that stops us in our tracks. A reaction to the unexpected or unimaginable, the feeling of surprise puts our default mode on pause. A positive surprise can amplify joy, happiness or pleasure. A negative surprise can open the floodgates to extreme anger, sadness or hopelessness. What's the best way to handle a big surprise? Take a breath!



ANXIETY ☐
Daren Newman

Anxiety is the energy of fear, dread and discomfort. Anxiety has the potential to overpower our sense of stability or self. Anxiety often goes unspoken and this usually makes anxiety worse. Feeling anxious is a completely normal part of the human experience. And finding relief can be simple. Talk to someone, share what's on your mind, and release the pressure growing inside. Connecting with others is like an emotional pressure valve, providing much needed relief.



EXCITEMENT ☐
Drew Millward

Excitement is the motivating energy of the world. We become excited by the prospect of something with the propensity to thrill. From meeting someone new, to going on an adventure, trying new food or the eve of an important announcement, excitement begins with a buzz and bursts alive like an emotional dance party. During difficult times, an exciting possibility sits like a beacon of light on the horizon. Excitement helps us to push forward, guided by the promise of happiness and reward.



JOY ☐
Lei-Mai Lemaow

Emanating from what matters most, joy is a feeling of great pleasure, happiness or bliss. If you ever feel an inkling of quiet joy, be sure to listen to it, nurture it and then let it grow louder. The after-effect of success, good fortune and a cultivated sense of well-being, this feeling is the key to unlocking a life filled with enjoyment and illuminating experiences. Let your joy set you free.



SADNESS ☐
Mike Sian

Sadness is a natural response to trouble or trauma. Only by feeling this pain, acknowledging its source and walking through it, are we able to heal. And we should avoid suffering in silence. Solitude can be the cause, but also the sustainer of sadness. Finding the right shoulder to cry on, can be the best way to make us feel full again - full of hope, full of happiness, full of joy.



PRIDE ☐
Matt Sewell

Pride is simultaneously about coming to terms with oneself and placing ourselves within the bigger picture. At times we may need to swallow our pride to spare the feelings of others, or to exhibit humility in success where someone else has experienced defeat. The difference is often determined by the justified love we have for ourselves. And, only when we learn to healthily love ourselves, are we ever able to love someone else.



ADORATION ☐
Kawafi

Adoration is love on another level. A coming together of respect, awe, and affection; we adore those who we hold dear to our hearts and hope to protect. With its roots springing from Latin, meaning "to give homage or worship to someone or something", adoration is an intense feeling. In this sense, adoration sits apart from romantic love, because it takes our initial spark of delight, fanning its flames to create a feeling of admiration, before arriving at a place of true devotion.



FEAR ☐
RP Roberts

Meant as an evolutionary mechanism for self-preservation, fear alerts us to immediate danger, while protecting us from potential peril or harm. However, many of the threats running amok in our minds are the fruit of imagined fears only. US President Franklin D. Roosevelt said it best, "the only thing we have to fear is fear itself". If fear is the precursor to manipulation, then we must stare it straight in the eye - reclaiming the power it threatens to devour.



ANGER ☐
Sumit Sarkar

Anger is reactive. Like a fire, anger builds in intensity. Starting with a mere spark, if you lose control and allow it to burn long enough, anger can grow to become a raging inferno. It brims with the power to alter our own destiny. While we can't control every situation, we can control how we react to the circumstances thrown our way. It may not always feel like it, but this is why allowing yourself to act out in anger is a choice.



DISGUST ☐
Hammo

Disgust is such a powerful feeling it can rouse a revolution. An adverse reaction to something rotten or repulsive, disgust is pugnacious, expressed with a rapid contortion of our entire face. Simplified, disgust is not liking something. This emotion can upset a stomach or stir an entire society. We either run away or rise up to try and make things right. Disgust can help us see the light.



CALMNESS ☐
Guy McKinley

In a digital world that feels hard-wired for distraction, the peacefulness and serenity that comes with calmness sometimes sounds like it resides in a galaxy far, far away. The first step to calmness is to relax the mind and body. If you're ever feeling overwhelmed, the method to overcome the madness is actually quite straightforward: inhale, hold and let it all go. Keep calm and carry on.



AMUSEMENT ☐
Hew Ma

Life gives us plenty to laugh about. From small jokes to the vast absurdity of the universe, our tell-tale reactions to comical and uncanny occurrences are easy to spot. Some people grin, others giggle, a few may even guffaw, but the feeling that sparks our sense of humour into motion is the same - amusement. Amusement comes in all shapes and sizes. Amusing things are pleasing because they make us feel warm, fuzzy, and happy inside.



CONFUSION ☐
Elph

Confusion is a haze. A cloud that enters our mind dimming any clear views. In a world engulfed with so many storms, confusion reigns. Feeling confused is akin to experiencing a question in the form of an emotion. If you're feeling more confused than ever lately, don't worry, the world is (and has always been) a very confusing place. Harness your confusion for good, and try to find order in the chaos through gaining more knowledge. It truly is power.