

**Resource 7a (relative to Activity 3)**

Feelings Cards

When someone ignores me...	I feel irritated when...	Unhappy people...
It annoys me when...	The last time I felt important...	Being alone...
You would know someone loves you if...	The last time I cried...	I'm happiest when...
I feel sad when...	When someone I like gives me a big smile...	When I'm left out of something I...

### Resource 7b (relative to Activity 3)

## Feelings Cards

The worst thing that  
could happen to me is...

If people really  
knew me...

I feel excited when...

I hate...

The thing I'm most  
afraid of is...

The thing that could  
hurt me most is...

When I'm anxious  
about something...

If someone  
I loved died...

If someone I fancied  
told me they liked me...