



Wellbeing
Wednesday





It is completely normal to feel a whole range of different emotions. Not just throughout your week or day, but even within a single conversation.

What different types of emotions have you experienced?



Flip The Lid



Watch the following clip. Can you think of any situations where you have “Flipped your lid”?

<https://www.youtube.com/watch?v=2xeDcPBD5Fk>

We are going to look more at as we move through these sessions...



