



What Are Feelings?

Feelings are something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing.

There are different kinds of feelings that we experience.

SOME COMMON FEELINGS

Sadness:

Sadness is a feeling wherein we feel upset and may want to cry. It often makes us feel drained and tired. Even though it is not a very good feeling, it is normal to experience it. When we are sad we may not feel like playing with our friends and wish to be left alone, without being disturbed.



Shyness:



Shyness too is a feeling, where you find it hard to converse with people you don't know well. When we feel shy we feel like hiding or running away from the person or situation. We may feel hot or may blush.

Worry:

We worry when we fear something bad is going to happen. Worrying makes us feel sick and uneasy. Sometimes when we worry we feel our heartbeat race and we tend to lose sleep.

We worry when we have not finished our assignment for school or if we are moving to a new environment. Worrying is not good as it stops us from thinking logically.



Loneliness:

This is a very common feeling amongst young and old. When we feel lonely we feel like we have no one around us or that no one wants to be with us.

Loneliness often makes you want to cry and you feel sad, bored and angry.

When you shift to a new home or school and don't know the children around you, you may feel lonely for a few days till you settle.

