

# Uncomfortable Feelings

We can experience a huge range of feelings even just in one day! Our feelings can be described as either comfortable or uncomfortable.



In the table below, list any uncomfortable feelings you have experienced or you have heard of. After further discussions, you will complete the next column.

Uncomfortable Feeling	Situations That Might Result in This Feeling

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).