

## S16 Feelings and Emotions Sticker Pack

This pack contains 72 symbol stickers (x2 copies) for you to choose from to help with expressing, communicating and coping with feelings, thoughts and emotions.

### Pack contents

2 copies of each of the following 72 symbols -

**I feel** - I feel, embarrassed, worried, calm, scared, tired, cross, happy, sad, upset, hungry, thirsty, excited, uncomfortable, good feeling, bad feeling

**It hurts** - Feel unwell, tummy ache, toothache, earache, headache, sore nose, sore throat, vomit, sick, pain in eye

**I think** - Too bright, too crowded, too hot, too cold, too smelly, too loud, too difficult, too itchy, don't understand, don't know, understand, why, when, yes, no, sorry

**I need** - I need, yoga, exercise, move, stretch, squeeze fingers, blow, deep breathe, play alone, get a hug, hug myself, chew, suck, leave me alone, listen to music, headphones, write it down, sensory time, count to 10, read, think nice thoughts, quiet place, weighted blanket, swing, relax, teddy, computer/tablet, fidget toy, favourite thing

8 blank rectangular stickers to label your TomTag Button Holders

12 blank circular stickers to use for additional items or activities

All TomTag symbol stickers are water-resistant.

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