



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Emotions

Angry

Claw-shaped hands are in front of chest and move up and downwards slightly



Happy/Pleased

Clasp hands together and move them upwards slightly in a curved shape



Hungry

Fist makes a small circle over tummy





III

1. Both hands make a fist shape with little fingers sticking out as shown
2. Move both hands down across your chest



Sad

Place flat one hand against nose and then move it downwards

