

Friday 5th February 2021

LO: To recognise and respond to my own feelings and others

To extend my vocabulary to enable myself to explain the range and intensity of my feelings to others

To recognise and respond to a range of feelings in others

We feel a wide range of emotions.

Excited



Sad



Scared



Tired



Upset



Happy



Relaxed



Proud



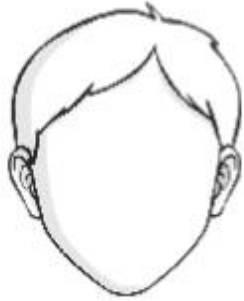
Disgusted



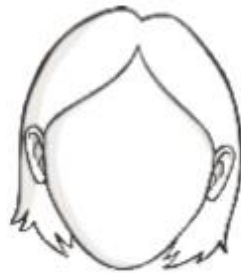
Anxious



Draw the given emotions on the faces.



I'm sad.



I'm angry.



I'm unwell.



I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.

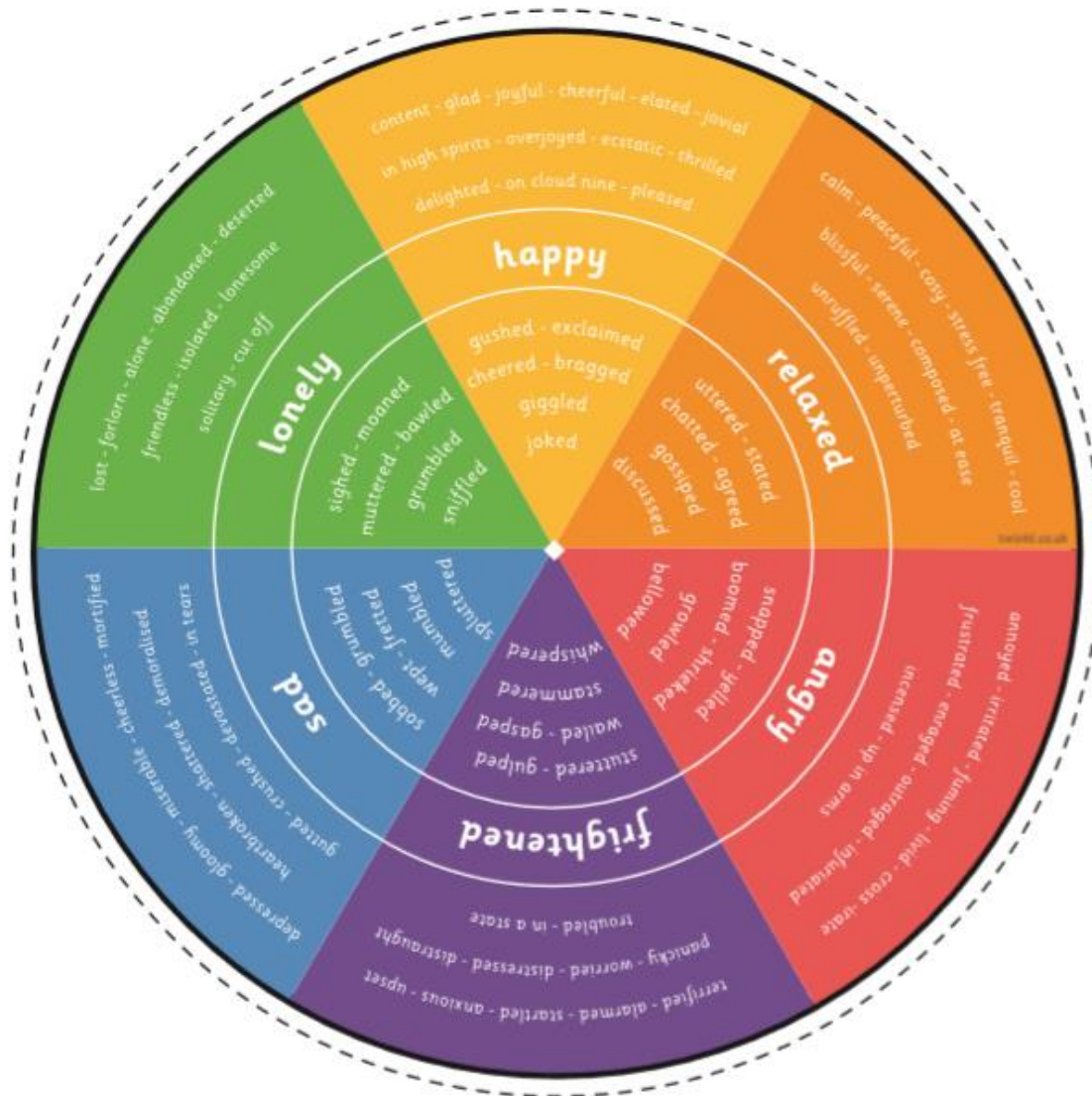
How do you feel when you are angry?

<http://www.bbc.co.uk/education/clips/z4w9wmn>

When we feel an emotion we can feel different intensities or levels of that emotion.

<http://www.bbc.co.uk/education/clips/z7t2tfr>

Do you think it is important for people to discuss their feelings? Why?



We can all feel angry, frustrated, upset and out of control at times. It can be difficult to manage these emotions. The way in which you decide to manage these emotions is important. The first step is to think about what makes you feel this way. Write down all the situations that cause you to feel these emotions in the boxes below.

1.

I feel angry when my little brother annoys me.

2.

I feel frustrated when I get stuck on a maths question.

3.

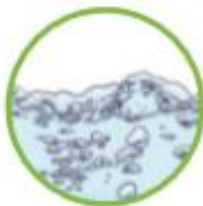
I feel worried when I have to perform a drama in front of the class.

4.

I feel angry when I miss a goal in football.

Please circle the ideas you think you could use.

Drink water.



Listen to music.



Read a book.



Count to ten.



Find a place you feel calm.



Breathe deeply and slowly.



Use mindfulness to help.



Paint or draw a picture.



Tell someone how you feel.



What can you do if you feel angry, worried or sad?

Talk to your teacher or an adult in school

Talk to your Mum, Dad or someone you trust at home about how you are feeling

If you have them:

- Write your worry down and post it in the class worry box
- Talk to a peer mediator in your school
- Write your worry down on the worry wall on the school's website

Contact:

www.mindmate.org.uk/im-a-young-person

It is important to start each day with a positive thought, as this thought can stay with you for the rest of the day.

Focussing on a positive thought can help you to feel happier and calmer. You can also share this positive thought with others, helping to make their day a little brighter too!



