

20.01.21

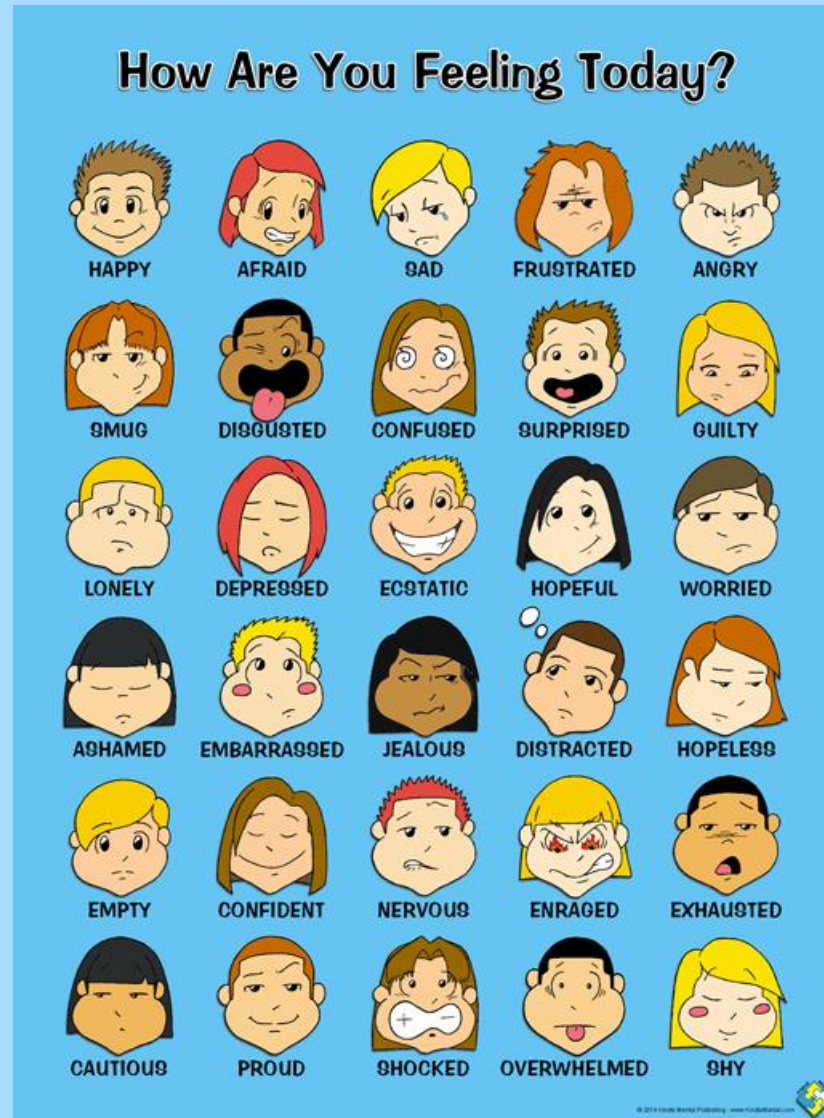
PSHE

Rules

- To be kind and supportive of each other
- To laugh with, but not at each other
 - To listen by looking at each other and not interrupting
 - To respect other peoples views and feelings
 - It's ok to say pass or not join in
 - It isn't a secret but what we discuss should stay in class it shouldn't be shared with younger children.



LO: To learn about managing different feelings



Why Do We Have Feelings?

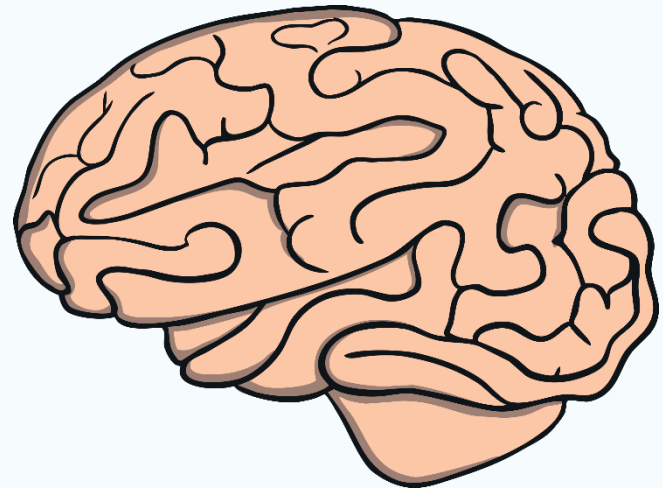
Our feelings are linked to what happens in our brain.

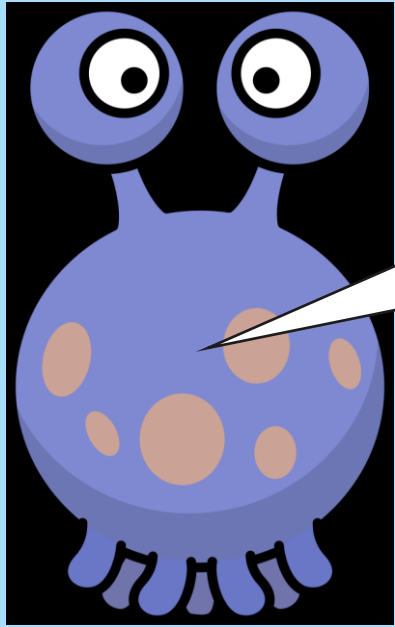
Usually, something happens (a trigger) to make our brains work in a certain way.

A trigger could be a thought inside us or something that happens around us.

A message is sent from the brain and causes a change in our body.

Quite often, our actions change because of how we feel.





Remember me...I'm
Maz.

Maz the alien is having a 'big' feeling. He knows it's a big feeling because his body is tense and shaking, and his fists are tight.

What might his big feeling be?

See the next slide for the answer

Maz is feeling really angry.

Sometimes feelings don't start off as big feelings, they can start as little feelings but if they don't go away they can grow and grow until they become big feelings.

Sometimes we can do things to help us calm down, but sometimes these feelings can get bigger and bigger until they can change how we behave or how we get on with other people or how we see the world, a bit like blowing up a balloon until it gets bigger and bigger and finally pops.



Big feeling

In-between
feeling

Little
feeling



Devastated

Miserable

Sad

Ecstatic

Happy

Content

Furious

Angry

Annoyed

Today's task:

You will need a copy of this sheet (this can be found on the website)

KS1: Year 1/2 Lesson 2 Resource 4b: Maz's changing feelings grid ⚡

What is Maz doing?	At first Maz feels...	Later on Maz feels...	What would help Maz to feel better?
Eating sweets	happy	unhappy	Have a glass of water. Next time he might save some sweets for another day.
Going to a birthday party			
Dancing			
Thinking about his family			
Playing in the sunshine			



Have this sheet of paper ready as you listen to the following scenarios

Maz is happily eating his favourite sour, fizzy, red sweets for breakfast. He is enjoying them so much that he eats the whole packet, even though a grown-up told him not to. On the way to school he suddenly thinks he might be sick. He wishes he hadn't eaten so many sweets and feels unhappy.

How did Maz's feelings change?

The answers to this scenario have already been written on the sheet have a look at them.

Maz is excited to go to a birthday party. When he arrives, he doesn't know anyone there and doesn't have anyone to talk to. Maz is feeling too shy to talk to anyone.

How did Maz's feelings change?

Use the sheet to record your answers

Maz is enjoying dancing at the party, but then he thinks he hears someone laughing at his dancing. Maz's gets embarrassed.

How did Maz's feelings change?

Use the sheet to record your answers

Maz is excited to visit earth, but after a few weeks feels lonely as he is missing his alien family.

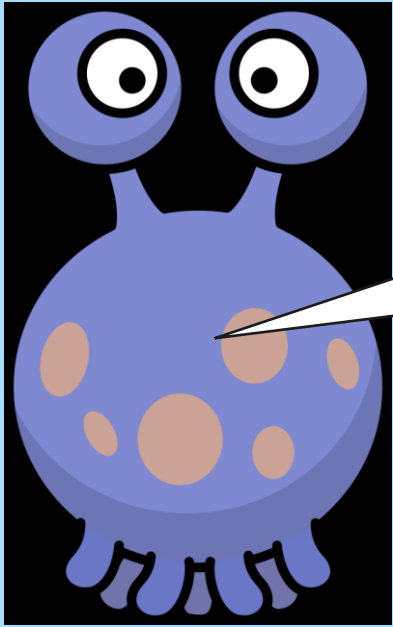
How did Maz's feelings change?

Use the sheet to record your answers

Maz likes to play in the sunshine, it makes him feel relaxed and happy. He forgot to put on his sun protection cream and hat. Maz is worried that he has got sunburn as his skin is red and sore.

How did Maz's feelings change?

Use the sheet to record your answers



Thank you for helping me with my big feelings.

Remember: Feeling excited is a good feeling but any big feeling can affect our behaviour in not so good ways and we need to find ways to manage that.

Like all feelings, our big feelings can change and can get smaller, just like a balloon that goes down.



DO talk about
it

DON'T
hurt things
or property

DO something
to help you
calm down

DO Remember
that feelings can
change

DON'T hurt
yourself

DON'T hurt
others

EVERYONE experiences big feelings, even adults, it's how we deal with them that is important. It's NEVER right to hurt someone because of how we are feeling. It's always best to speak to a parent or a trusted adult in school if you are having trouble with any feelings, big or small, or if you are feeling sad, scared or worried about something. We are always here for you 😊