Thursday 4th February 2021

LO: To solve problems and cope with difficult situations

To recognise that, at times, they may experience conflicting emotions.

To understand more about managing your emotions



What feelings/emotions would you feel in difficult situations?



The teacher will read scenario cards. Hold up your "positive" emotion card or your "negative" emotion card for each.

Prabjeet scored a goal in the football match but his team lost the game.

Jenny found out that she was singing a solo in the school play.

Harry and his best friend both put themselves forward for the school council. Harry was chosen, he friend wasn't.

Jalisha and her best friend Ella, both wanted the part of Cinderella in the play. Ella got the part.

Daniel was leaving his house and school to move to Australia.



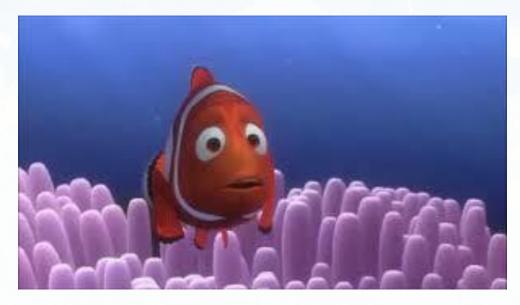


Can you feel more than one emotion at a time?

There are times when you can feel positively about something but also experiences negative feelings. This is called having conflicting emotions.

Watch the Finding Nemo film clip. Which different emotions is Marlin experiencing?

https://www.youtube.com/watch?v=aZ9nbv1VKOs





Agony Aunt: In pairs discuss the advice you would give.

MindMate

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Simon Reig.

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