

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=aZ9nbv1VK0s>



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

MindMate

Learn & Copying with difficult situations

Learning episode 11



MindMate



Dear agony aunt

I have been chosen to be a school school rep. I think that is a really great opportunity and I really want to do this as when people when I can do. However, my friends think that the school should be for girls and boys. If I agree the role that they will think I am a loser and won't want to be my friend.

What should I do?

Anonymous

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Dear agony aunt

There is a new boy at our school and everyone thinks he is really cool. The new boy and his friends hanging around the playground after school. I noticed that they were smoking and drinking. Today he asked me if I wanted to see him after school. The popular kids never agree to me and I really want to be part of a group like I don't know if I should go.

What do you think?

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