

Feelings



The Big Questions



What are our different feelings called?

How can we describe them?



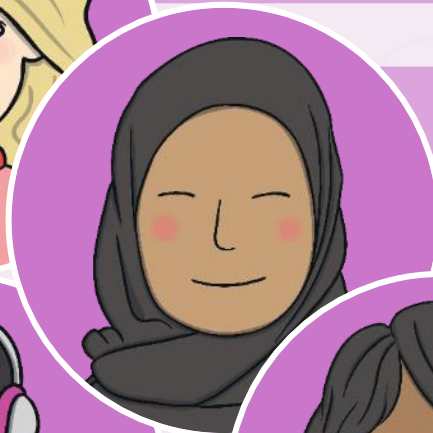
Feelings



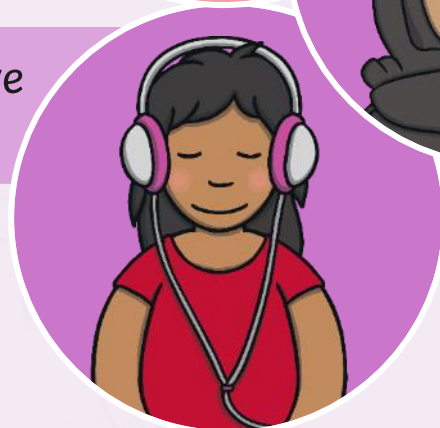
We can have lots of different feelings.



Sometimes we are cross.



Sometimes we are happy.



Sometimes we are calm.



Sometimes we are sad.

The children in the following pictures are feeling different things.



Can you work out how the children are feeling in each one? Why do you think they are feeling that way?

Frank's favourite teddy has lost an eye.



Feelings



Sue-Ling is running to see her friends after a week away on holiday.



Feelings



Jacintha is about to start at a new school.



Feelings



Jake often has no one to play with at breaktime.



Feelings



Zofia has come to a theme park to go on the rides.



Feelings



Akiva's favourite football has been punctured by his big brother.



Feelings



Nicola can not see her mummy anywhere.



Your task:

Draw a picture of you when you were feeling: happy, sad, angry, nervous, excited or lonely.

Write a sentence explaining how you were feeling and why e.g.

I felt **happy** because I was with my friends.

I felt **sad** because my dog was poorly.

Getting Help



It is OK to experience all these feelings, even the ones that are unpleasant. Everybody, children and adults, has times when they are feeling difficult emotions. If you are feeling very sad or lonely, angry or worried, you can get help to feel better by talking to a grown-up that you trust.

Consolidating

Reflecting



Looking after Ourselves and Each Other



Some of our feelings make us feel good on the inside and some of our feelings don't feel as good.

When we are feeling something that doesn't feel as good, what could we do to help us feel better?

We can talk to someone we trust about how we are feeling and ask them to help us.

How could we look after our friends if they were feeling something that didn't feel very good on the inside?



The Big Questions



What are our different feelings called?

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What is the most helpful thing you have learnt today?

