

Feelings and Emotions



LO: Am I able to identify a range of feelings and link these to my experiences?

Steps to success

I can:

- Identify different emotions.
- Think of how people might feel with different experiences.
- Explain how to overcome certain emotions.

What feelings can you remember from the video clip?

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





How is this girl feeling? What do you think has happened to make her feel this way?



Have you ever had the same feeling as these two children? Can you explain when?



How is this girl feeling? What is she doing to make herself feel better?



What has happened in this picture to make the girl feel in a certain way? Have you ever felt an emotion like this?



What emotion do you think these children are feeling? When have you felt this way?

Now we will act out some of these scenarios and work out how to solve these problems.



Emotions scenario cards:

How Can You Help?

Noah is playing with a ball in the playground when an older pupil takes it away from him.



How can you help Noah?

Emotions scenario cards:

How Can You Help?

No one will play with Oliver at playtime, even though he asked to join in the games.



How can you help Oliver?



Emotions scenario cards:

How Can You Help?

Emily spent ages drawing a lovely picture but someone scribbled all over it and ruined it.

How can you help Emily?

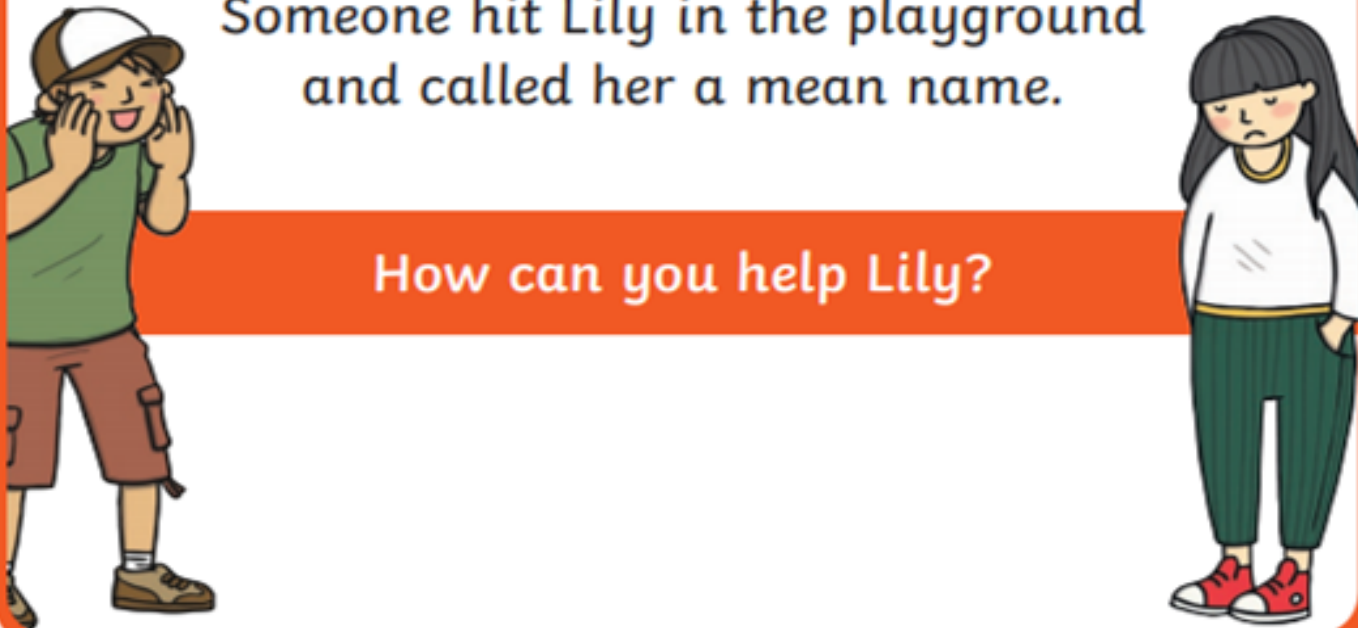


Emotions scenario cards:

How Can You Help?

Someone hit Lily in the playground and called her a mean name.

How can you help Lily?

The illustration shows two children. On the left, a boy with a white cap and green shirt is laughing with his hands to his face. On the right, a girl with long black hair, wearing a white shirt and green pants, looks sad with a frown and her hands in her pockets. The scene is set against a white background with an orange border.

Emotions scenario cards:

How Can You Help?

Amelia is upset because her friends aren't talking to her and she doesn't know why.



How can you help Amelia?



LO: Am I able identify different feelings and emotions?

Draw things that make you feel sad, happy or angry in the different columns:

What makes me feel.....

Sad



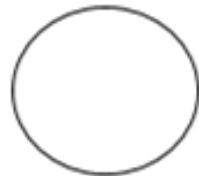
Happy



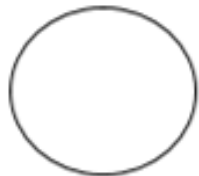
Angry



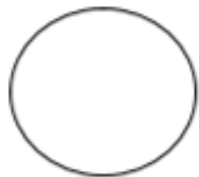
LO: Am I able identify different feelings and emotions?
Draw the face that matches the feeling writing in the box beside it. Then,
complete the sentence in each box.



It makes me feel **happy** when:



It makes me feel **sad** when:



It makes me feel **excited** when:
