

Wellbeing Projects.

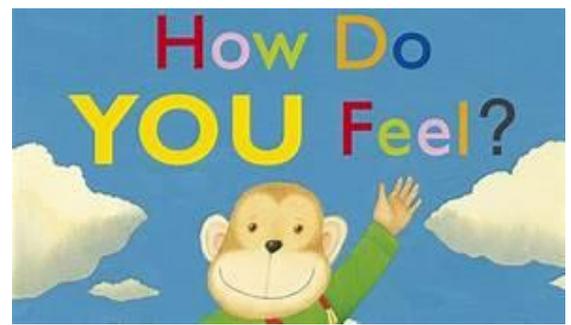
Activity 5- Emotions.



Reception.

Hello again!

This afternoon we are going to talk about emotions. An emotion is a person's inner feeling. Some examples of emotions are anger, fear, happiness and guilt. You are going to learn to describe how you are feeling and think about how other people are feeling, by looking for clues in their faces and bodies'.



Watch the clip of How Do You Feel? By Anthony Browne or read the book if you have it.

<https://www.youtube.com/watch?v=kILR7wfi-X4>

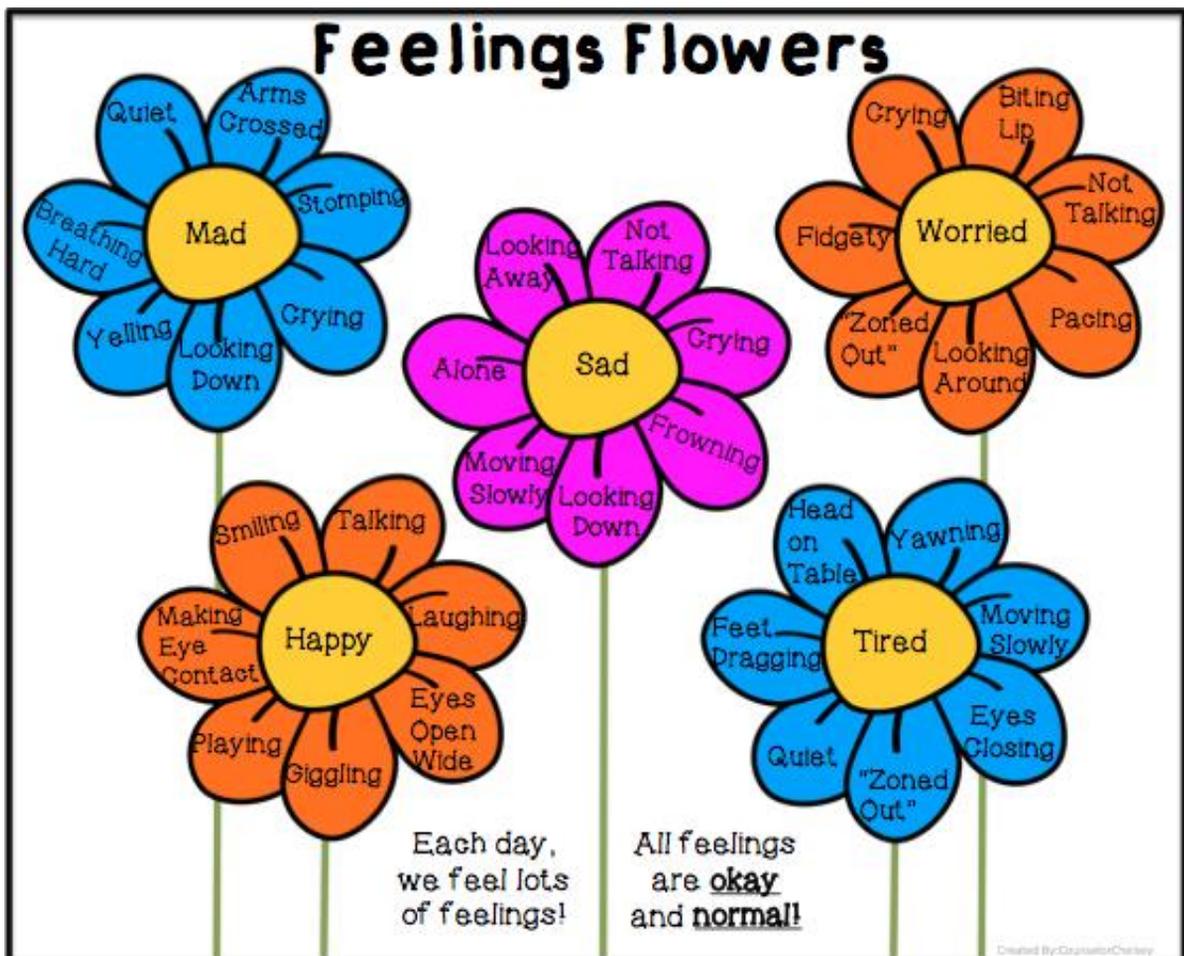
Now have a think about these questions:

How do you feel today?

How many different emotions can you think of?

Do we all feel lots of different emotions?

How can you tell the difference between someone who is angry or happy?



Be feelings detectives.

How do you think these children are feeling?

Why do you think that?

Ask your friends and family how they are feeling or look for clues in their faces and their body language.



Find a space where you can act out an emotion (without speaking) to a friend or your class. Did they guess how you were pretending to be feeling? Think about how you could help someone who is feeling sad, scared, angry or worried. It's important that you can identify these feelings in yourself as well as other people so that you can ask for help if you need it.

Well done...you are becoming true emotions detectives!

Now watch the Inside Out clip below and see if you can guess how the characters are feeling.

<https://www.youtube.com/watch?v=dOkyKyVFnsS>

Congratulations great work team!

You have worked really hard this afternoon identifying emotions... you are all now Feeling Explorers.

I hope you have had a lovely afternoon and don't forget it's very important to tell someone how you are feeling. Not everyone can be Feelings Explorers like you.



On the next page there is a worksheet for you to think about and complete.

Tell me about a time when you felt...

THINK ABOUT EACH EMOTION AND WRITE OR DRAW SOMETHING THAT MADE YOU FEEL THAT WAY.

| | | | |
|--|---|--|--|
|  <p>ANGRY</p> |  <p>CONFUSED</p> |  <p>SHY</p> |  <p>HAPPY</p> |
|  <p>PROUD</p> |  <p>SCARED</p> |  <p>SURPRISED</p> |  <p>WORRIED</p> |