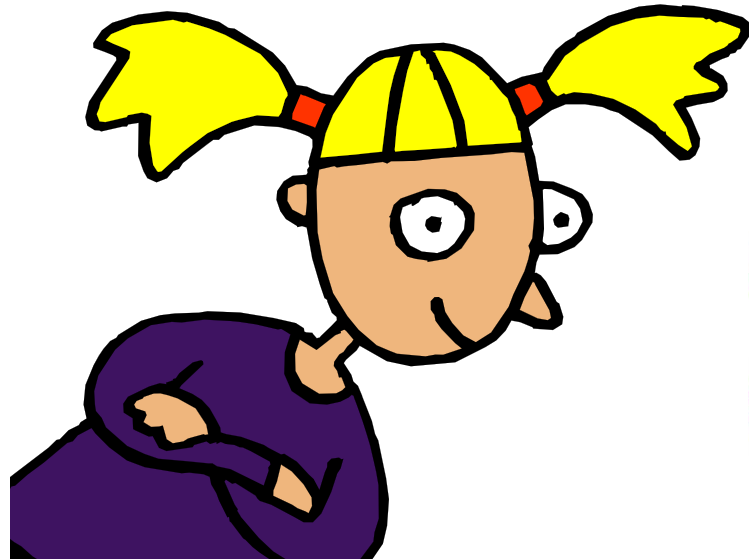
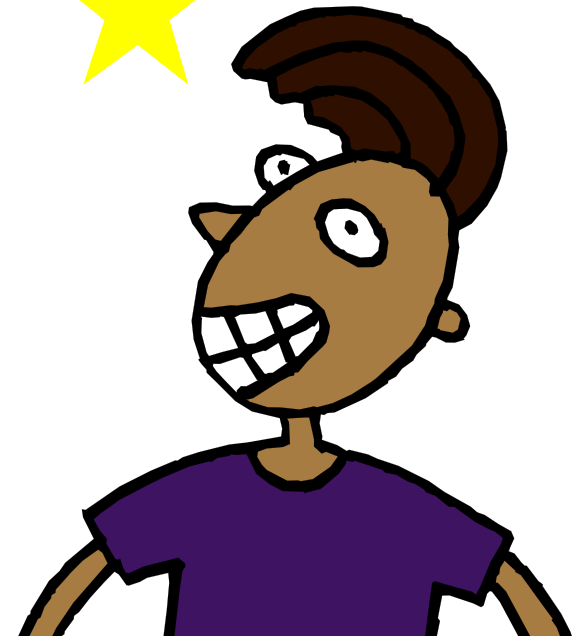




recognising...
★ feelings



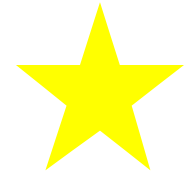
snivel
and shriek
QUIZ TIME



the warm-up... ★

Q1 ★

Tell a friend
about 3 different
feelings you
have felt today...



Worried?
Angry?

Hopeful? Calm?

Excited?

Nervous?

Confused?

Jealous? Bored?

Relaxed? Happy?

Disappointed?



Sad?

Proud?



feelings affect our body...

Q2★

Can you
guess which
feeling
these signs
could be
describing? ★

sweaty palms

fast heart beat ★

clenched fists

gritted teeth

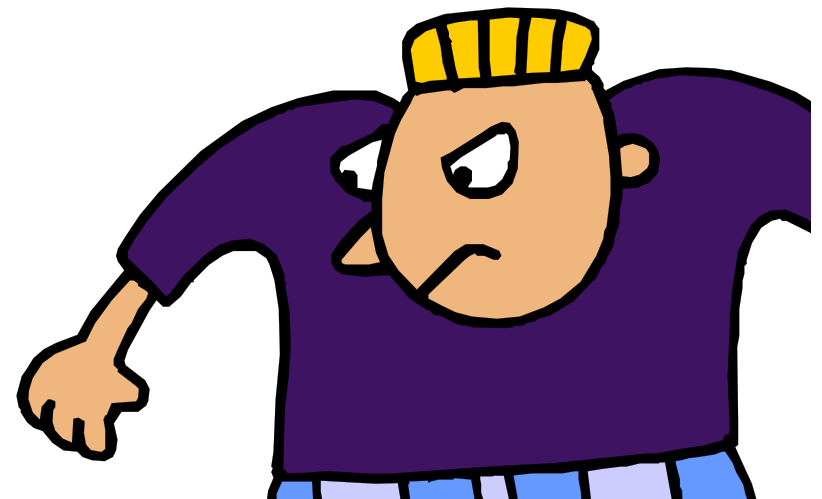
tight, knotted stomach

thumping head

tense muscles

It could be...
anger

Could it be any other feeling?

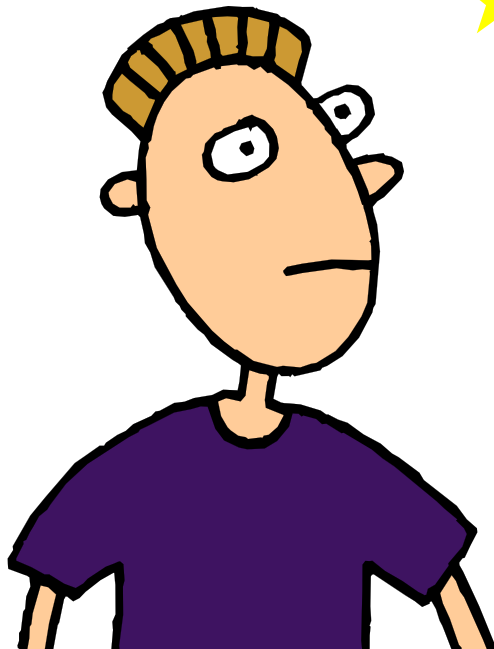


our bodies all react differently...

Q3★

Can you think of 3 things that happen to your own body when you are feeling **disappointed**?★

Maybe...



droopy shoulders

sinking stomach

lump in your throat

tears and runny nose

frowning face

thumping head

sighing

explaining our feelings is tricky...

Q4★

How many other words can you think of that could also mean worried?★



How about... ?★

uneasy

anxious

nervous

tense

scared

concerned

stressed

afraid

unsure

frightened

pinpointing exactly how we feel...

Q5★

Can you put these words in order from least angry to most angry?

annoyed

fuming

cross

irritated

livid

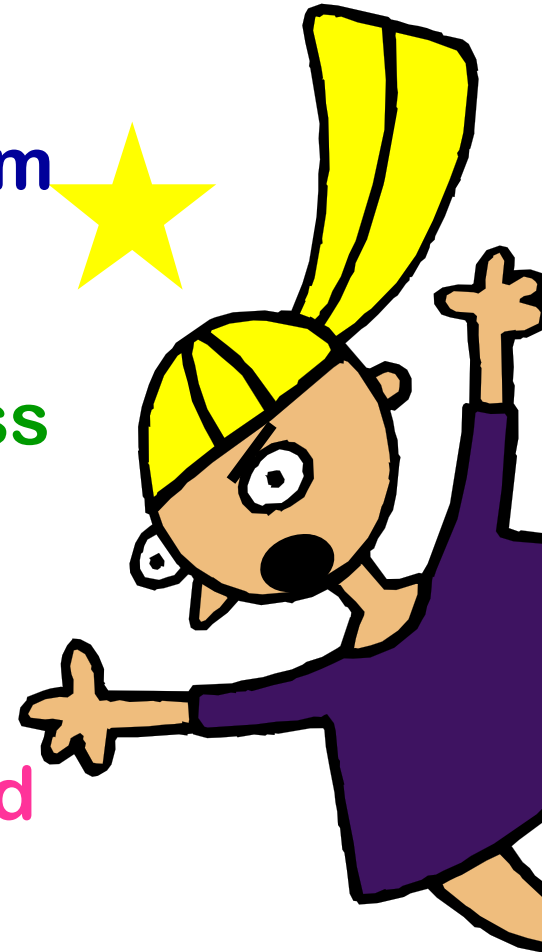
outraged

mad

bothered

infuriated

wound up



getting mixed feelings...

Q6★

Which different feelings might **you** feel if...



...you came top in the spelling test but your friend came last.

...your friend didn't pick you for the team and the team loses the match.

...you get a pair of trendy new trainers and your friend then buys the same pair.



...and which different feelings might **your friend** feel?

changing feelings...



Q7★

How and why do feelings change?

How would you feel if...

...your school organised a trip to a theme park?

...but your best friend can't afford to go...

...on the day, you are put in a group with classmates you don't get on with...

...but at least there isn't a queue for the first ride...

...soon it begins to drizzle...

...and some of the best rides are closed for safety reasons...

...so your whole class meets for lunch and you can choose whatever food you like...



...the sun comes out and the rides reopen...



...but you get lost because you can't understand the map...



...then you start having second thoughts when you see the highest, fastest ride...

...though your classmates are calling you a wimp...

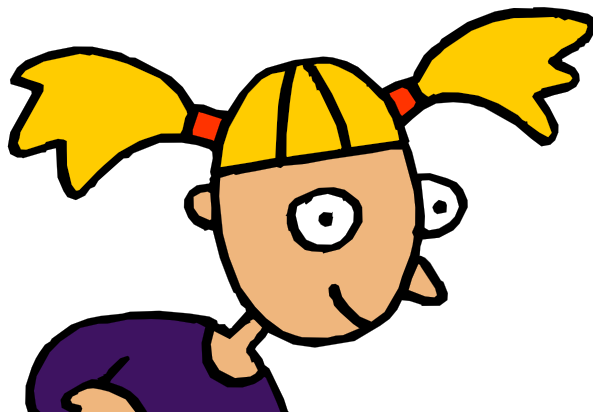
...so you queue up, there's no going back now...

...but it's absolutely grrrrreat...

...now one of the classmates who teased you earlier feels sick...

...time to take the long, long, long coach journey back to school...

...you finally arrive and have lots to tell the people at home!



final feelings

★ we all have them

they are always changing

we can feel more than one
feeling at a time

★ they can have different strengths

★ our body language can
tell others how we feel

How do you feel
about feelings?!

