

Lesson 2

LEARNING OBJECTIVE: To be able to understand how different feelings make us comfortable or uncomfortable

Success criteria:

- I know what different feelings are
- I understand how different feelings make me feel
- I know which feeling makes me comfortable or uncomfortable

Your Task

1. Open the document titled 'Resource 3'. Match the pictures to the correct feelings. You do not need to record your answers - discuss with an adult.

Note to Parents -ask your child how they know they are feeling scared, or how do they know they are excited, what does their face look like.

2. Finally write sentences using the following sentence openers:

- I feel happy when...
- I feel sad when...
- I feel frightened when...
- I feel angry when...
- I feel worried when..
- I feel bored when...
- I feel shy when...

How can you extend your sentences?