



Activity to be completed in readiness for the lesson on Friday

Can you use house hold items or art material to create feelings puppet? You can do it on spoons/ straws/ sticks etc.

Please include the below emotions:

Happy

Angry

Sad

Scared

Sleepy/ tired

PSED: Objectives

- To be aware of my feelings
- To be aware of the feelings of others
- To be aware of rules and why it is important to follow them

Wellbeing and Growth Mindset

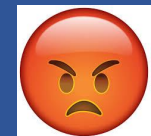
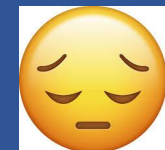


Date: Fri



Today we will be talking about our feelings and how other people feel. We will look at some pictures and talk about the feelings involved.

Word bank



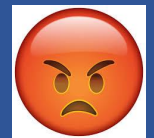
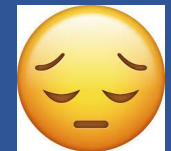
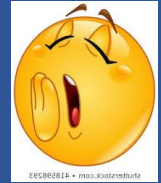
LO: To be aware of my feelings

Date: Fri



happy

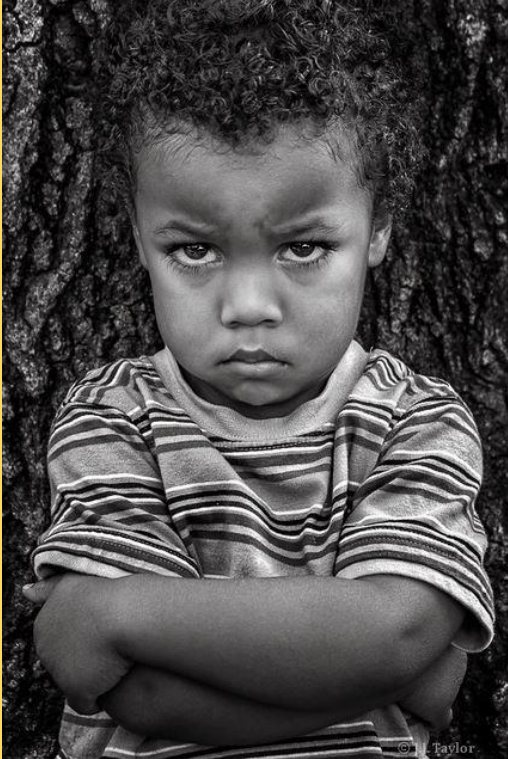
Word bank



Lets go over the feelings together.

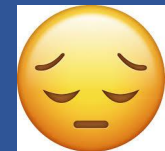
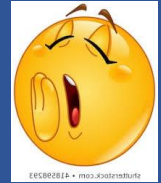
LO: To be aware of my feelings

Date: Fri



frustrated

Word bank



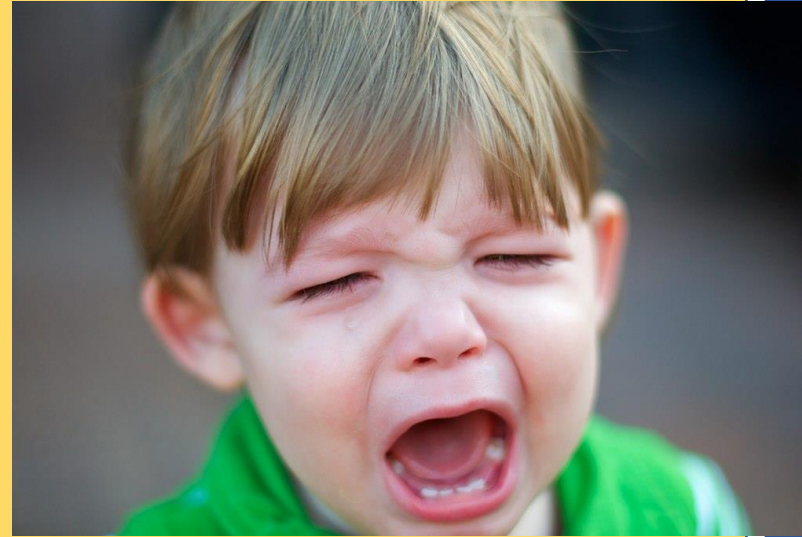
Lets go over the feelings together.

LO: To be aware of my feelings

Date: Fri



sad



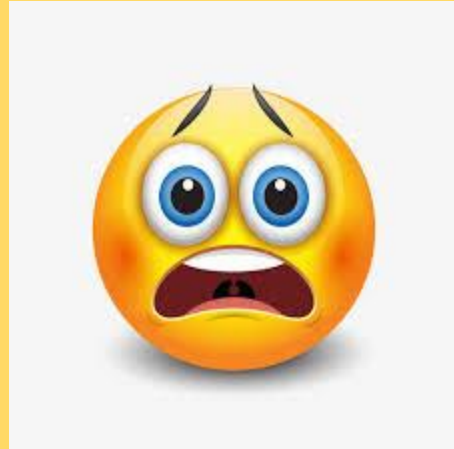
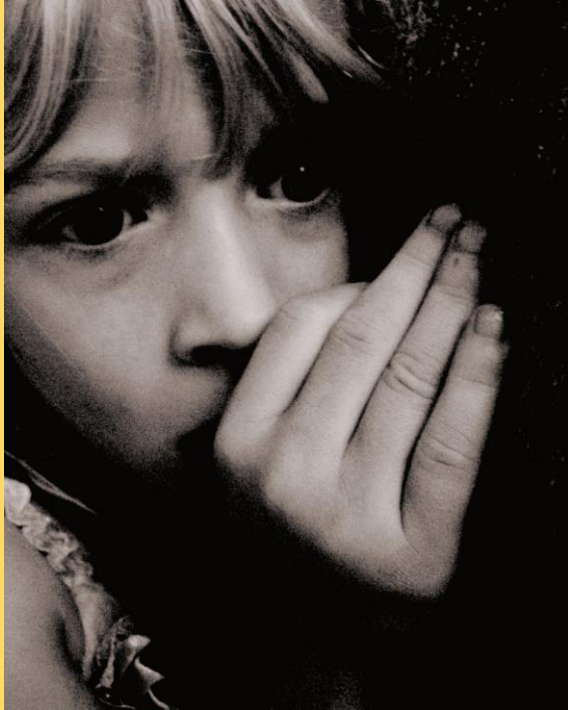
Word bank



Lets go over the feelings together.

LO: To be aware of my feelings

Date: Fri



scared

Word bank



Lets go over the feelings together.

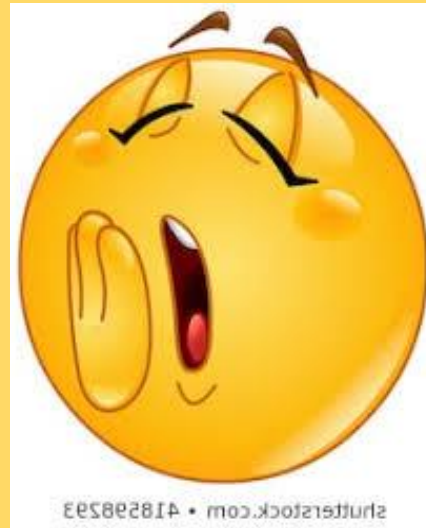
LO: To be aware of my feelings

Date: Fri

Word bank



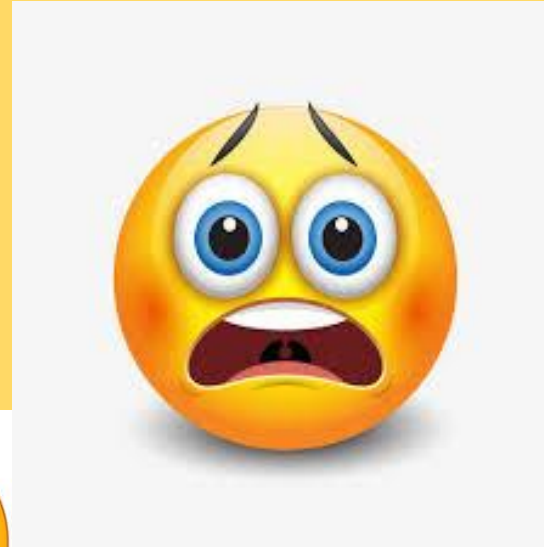
sleepy



Lets go over the feelings together.

LO: To be aware of my feelings

Date: Fri

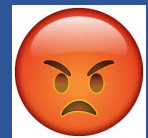


These can be seen as negative feelings, they make us feel sad and unhappy.

Is it ok to feel this way?

Yes, it is ok to feel this way. We all feel like this sometimes. Can you remember a time when you felt one of these emotions?

Word bank



LO: To be aware of my feelings

Date: Fri



snatching



Fighting/hitting



tantrums

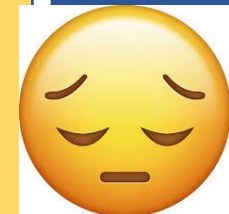


Shouting/ screaming



crying

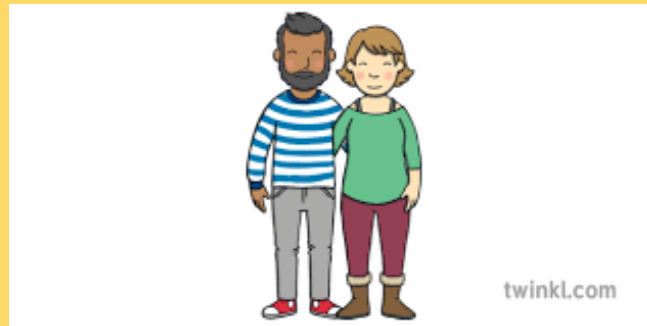
Word bank



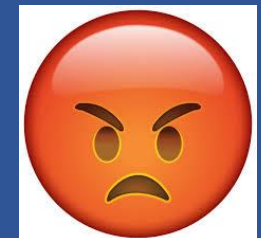
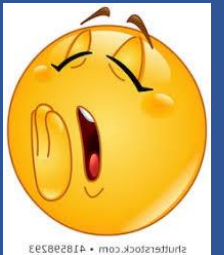
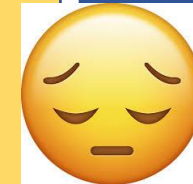
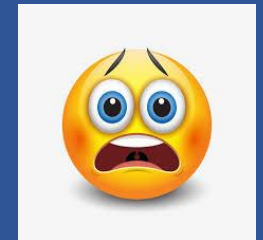
What did you do when you felt this way? Be really honest, it is good practise reflect and think about our feelings. There are no wrong answers.

LO: To be aware of the feelings of others

Date: Fri



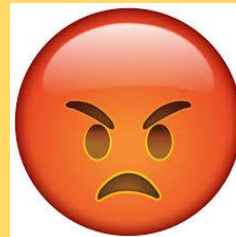
Word bank



How do you think the people around you felt when you reacted this way? If you are not sure and they are there with you.. Have an honest conversation and ask them.

LO: To be aware of the feelings of others

Date: Fri



Word bank



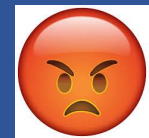
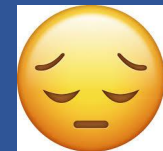
How do you think the people around you felt when you reacted this way? If you are not sure and they are there with you.. Have an honest conversation and ask them.

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Word bank



How does it feel when the people you love feel sad/ unhappy?
Do you like to see them sad? Does it feel good when you have made them sad?
What could we do better next time?
How can we make them happy and make ourselves happy?

LO: To be aware of the feelings of others

Date: Fri

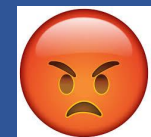
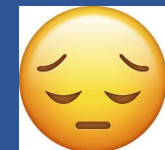


Saying sorry is important. But it is important to mean it.

Sometimes we promise not to do the same behaviour or we say sorry but do not mean it. This can make others and ourselves even more upset. They may not trust you.

When we say sorry it is important that we try not to make the same mistakes and we mean it. It can be hard, but it is important to try.

Word bank



LO: To be aware of our feelings

Date: Fri

When we are feeling upset, sad or angry how can we calm ourselves down?



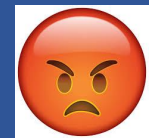
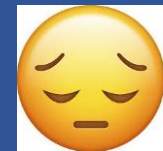
- Practise meditation with calm music

The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

- How did you feel after doing these poses?

Word bank



LO: To be aware of our feelings

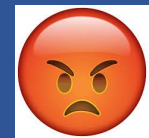
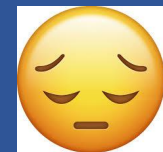
Date: Fri

When we are feeling upset, sad or angry how can we calm our selves down?



- Practise mindfulness with deep breathing
- Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in (Karen Young, 2017).

Word bank



LO: To be aware of my feelings

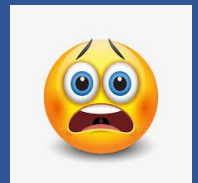
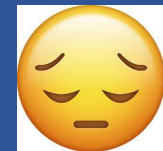
Date:



Have you made some emotion puppets/ cards on lollypop sticks or spoons (as requested). Can you get them?
Close your eyes for a few seconds and reflect (think) about how you are feeling right now. Think about why you are feeling that way!

When you are free, you can go over the below slides

Word bank



Feelings and Emotions



Feelings

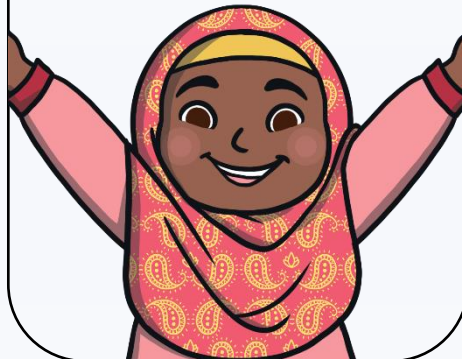
Sad



Scared



Happy



Angry

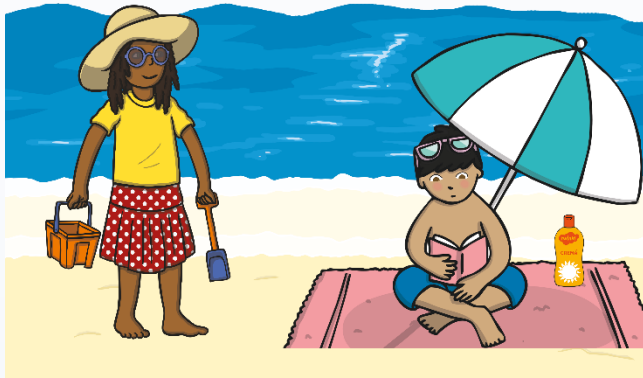




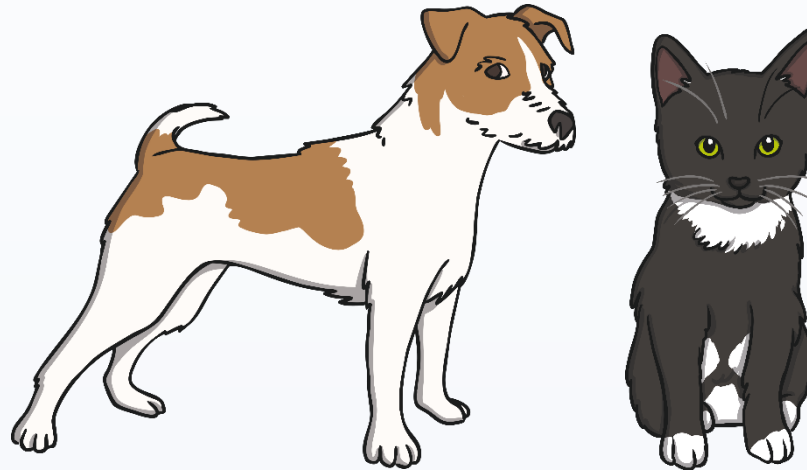
How does this
girl feel?

Why do you think
she feels like this?

Which of these things make you feel happy?

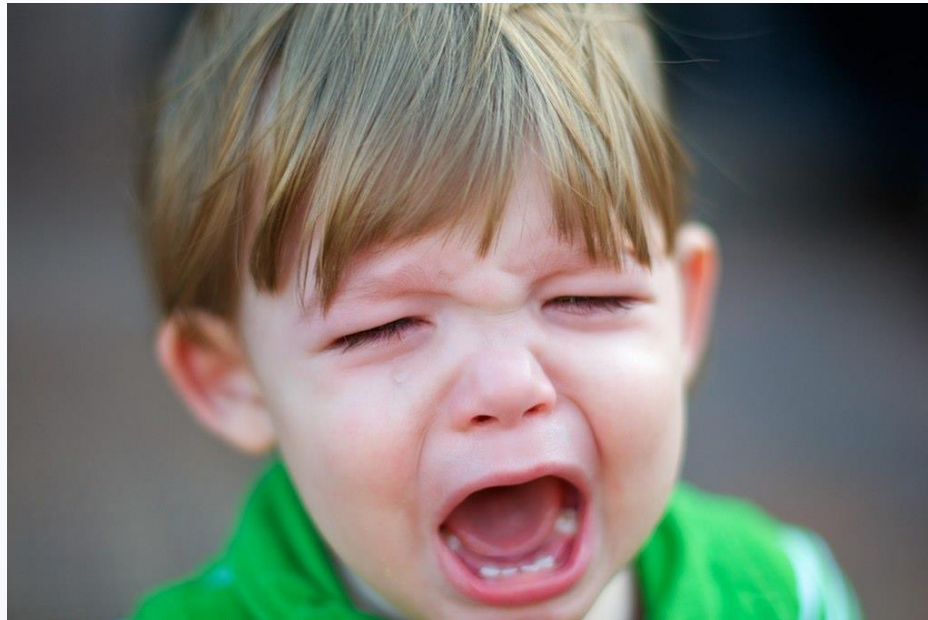


**Going to the
seaside**



Your pets

What other things make you happy?



How does this
boy feel?

Why do you think
he feels like this?

Which of these things make you feel sad?

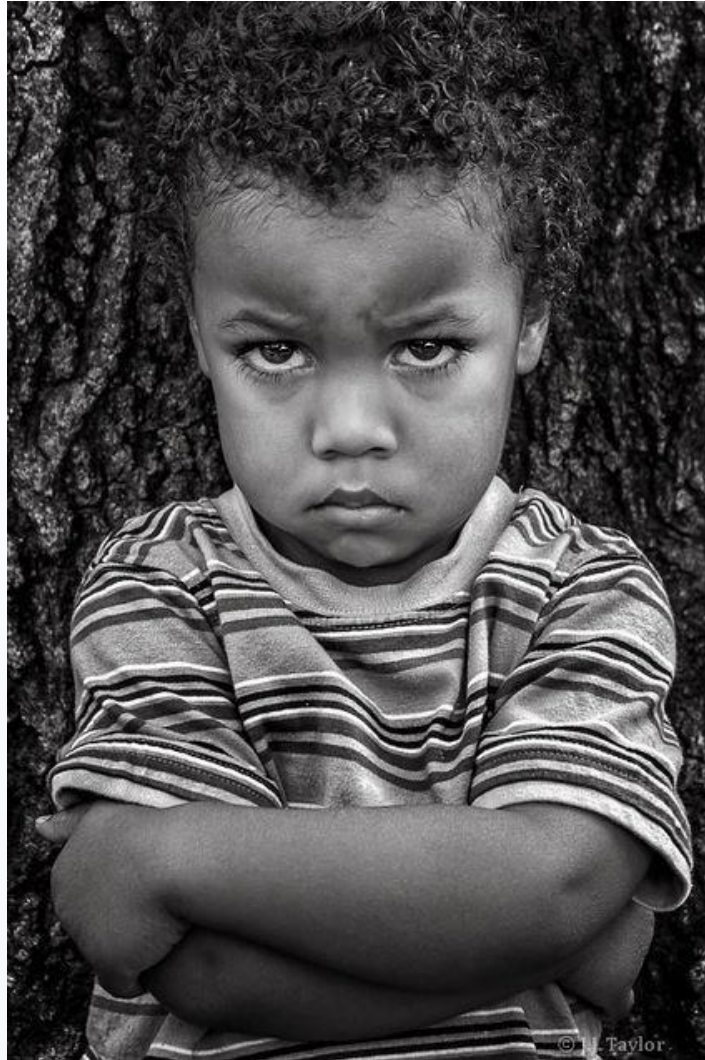


Hurting yourself



Rainy days

What other things make you sad?



How does this
boy feel?

Why do you think
he feels like this?

Which of these things make you feel angry?



People being unkind



**People not sharing
toys**

What other things make you angry?



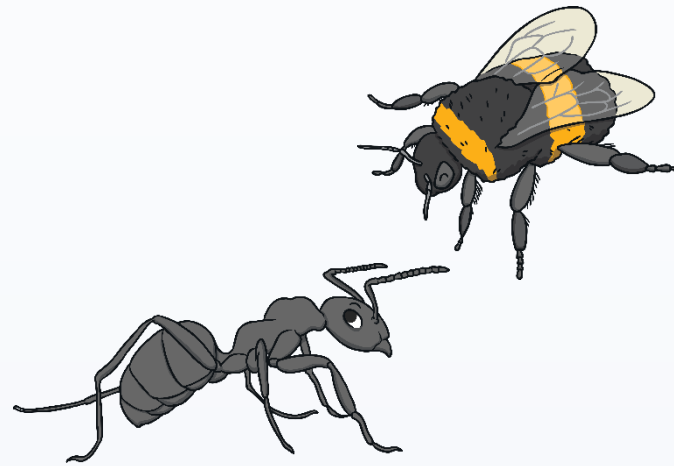
How does this
girl feel?

Why do you think
she feels like this?

Which of these things make you feel scared?



Monsters



Minibeasts

What other things make you scared?