

## Friday 29<sup>th</sup> January 2021

L.O: I am getting better at thinking about my feelings and the feelings of those around me.

Today in PSHCE we are looking at our feelings and the feelings of those around us. During the lockdowns you might have been experiencing a wider variety of feelings compared to life before lockdown / COVID. Experiencing a mixture of emotions is perfectly fine and understandable.

The story 'Inside my heart and in my head... Feelings' by Libby Walden and Richard Jones looks more closely at feelings. The child narrating the story explains that sometimes they feel like they want to cry, laugh, or stomp and wonder what the feelings mean. The child says that although he may seem like you, there are feelings beginning to bubble. The story also explains that everyone is different and the way they feel isn't the same. The story tells us that we should try to walk in someone else's shoes to see how they feel and help us to understand their feelings.

This shows that although looking at someone they may not seem any different to you, you do not know how they may be feeling deep down inside. We should all think about how someone might be feeling and try to think about how that would make us feel.

I would like you to think about how you have been feeling recently.

Have you been happy? Have you been sad? Have you been anxious? Have you been cross?

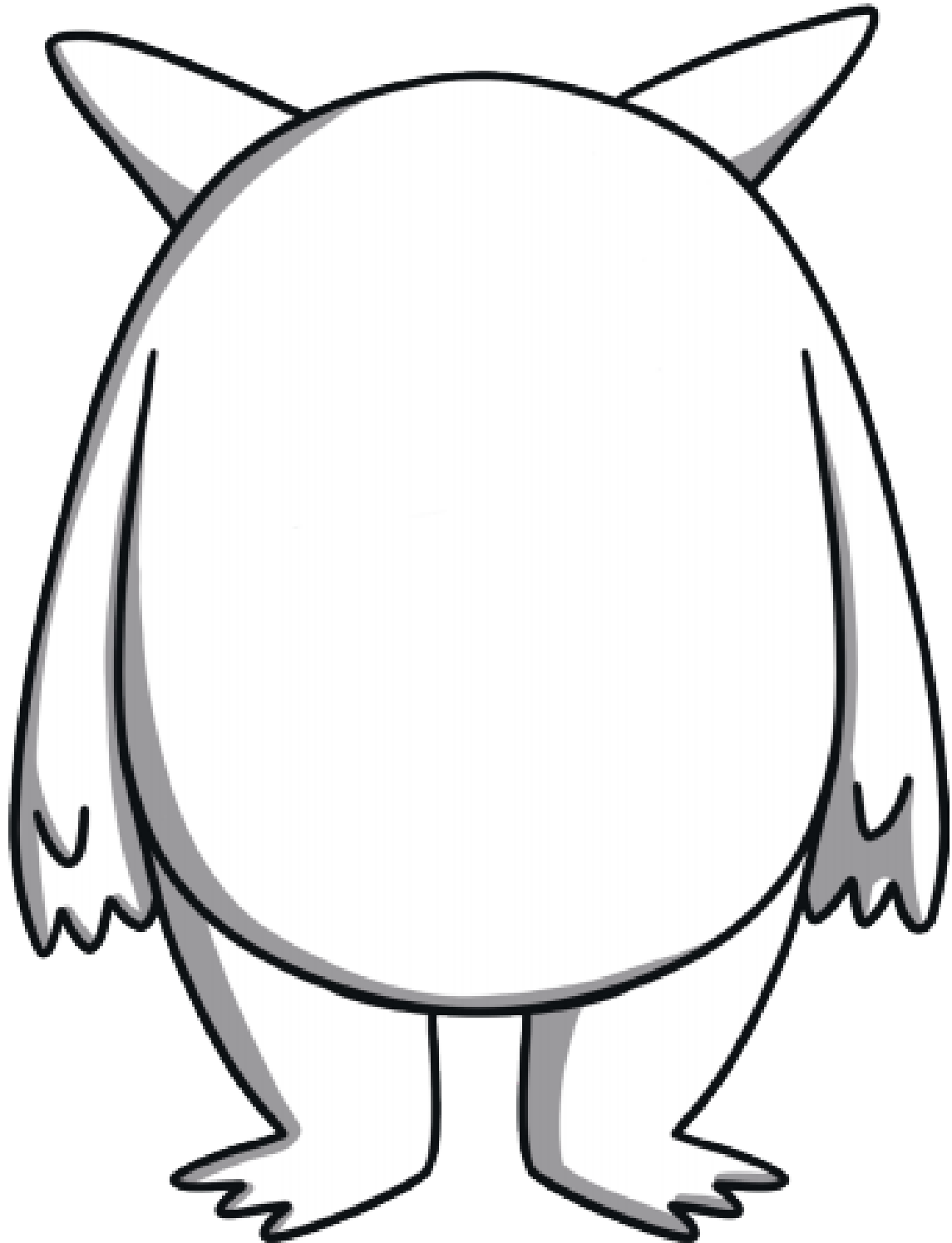
I would also like you to think about how your family and friends may be feeling too.

Can you think about different things or activities that may make you feel happy when you are feeling sad?

I have some information about feelings and strategies to help you which you can use if you want.

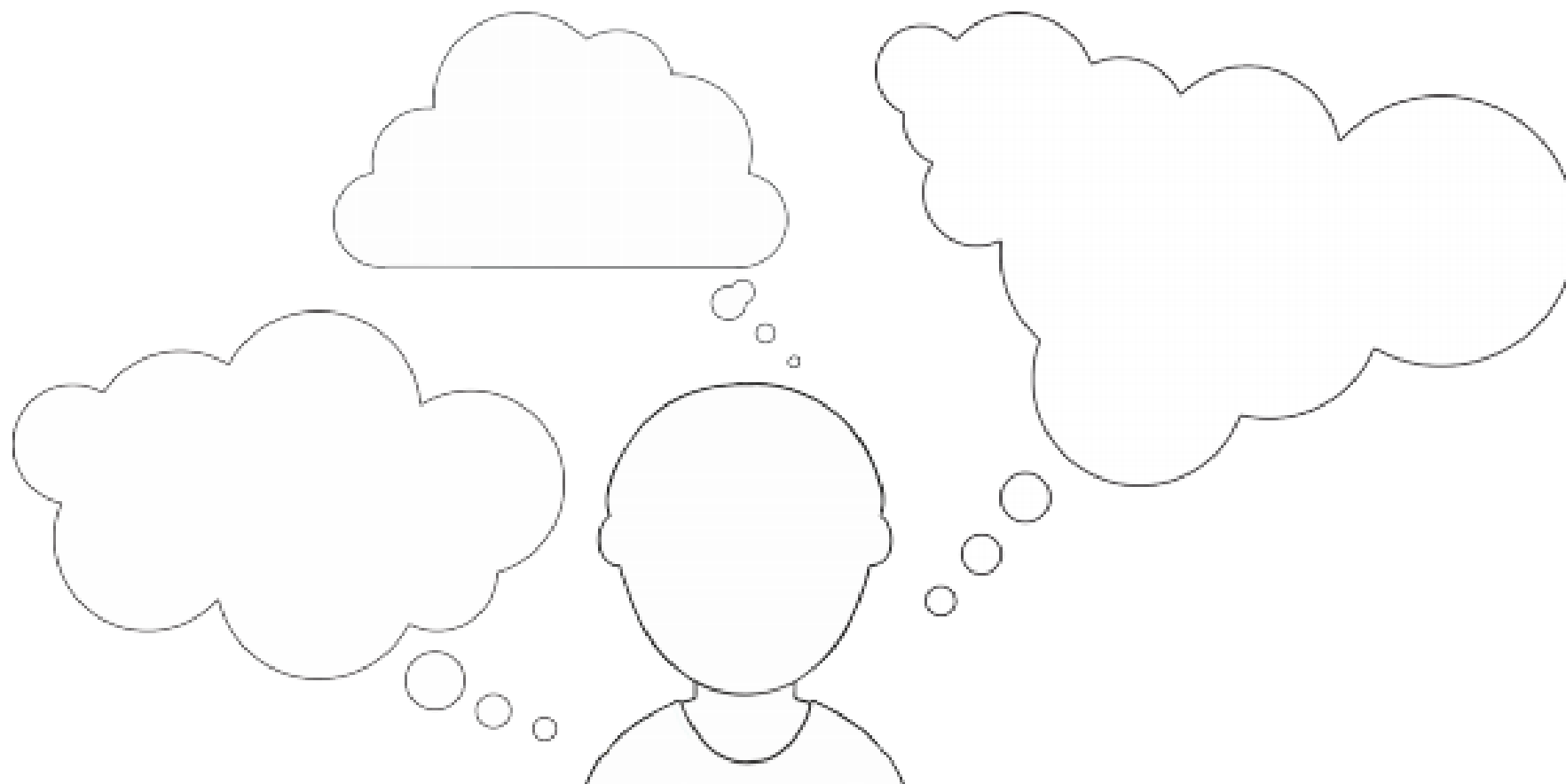
Can you create your own feelings monster?

Think about how the monster is feeling. Draw a face on the monster to show how it feels.

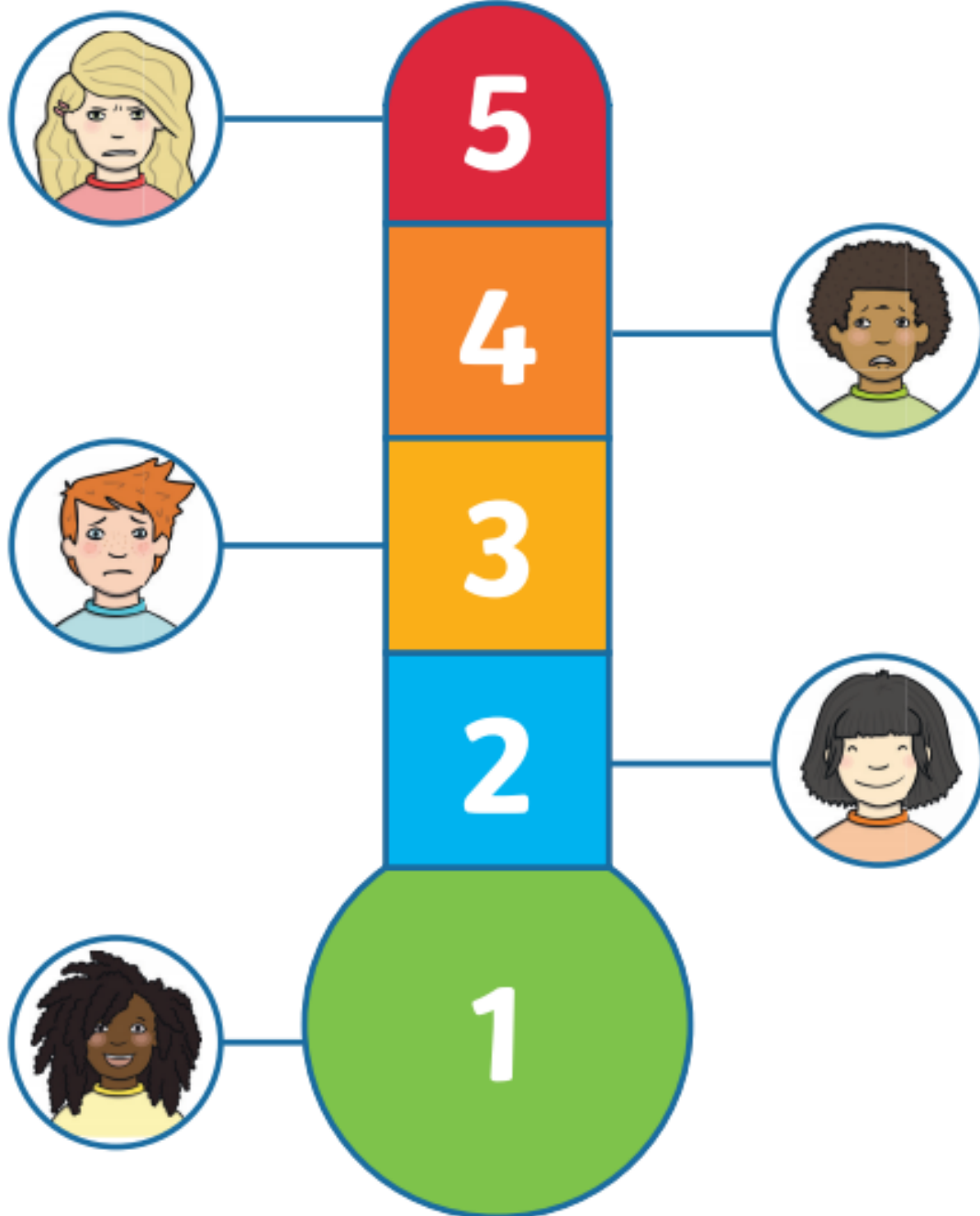


# Things That Make Me Happy

What makes you happy? Have a think and talk about your ideas with a grown-up and your friends. Draw an idea into each thought bubble – you can draw a smiley, happy picture of you too!



# Feelings Thermometer



5

This makes me  
feel angry.



I can try to...

4

This makes me  
feel upset.



I can try to...

3

This makes me  
feel nervous.



I can try to...

2

This sometimes  
bothers me.



I can try to...

1

This never bothers me.



I can try to...



# Angry

Colour in the strategies you would use to manage anger.

**When I feel angry, I can feel better by...**



slow breathing



counting to ten



having some quiet  
time on my own



going outside



colouring in



playing with my  
favourite toy



**Add a strategy  
of your own.**



# Sad

Colour in the strategies you would use to manage sadness.

**When I feel sad, I can feel better by...**



talking to  
someone I trust



playing with my  
favourite toy



getting an air cuddle



drawing a picture



exercising



listening to music



**Add a strategy  
of your own.**



# Tired

Colour in the strategies you would use to manage tiredness.

**When I feel tired, I can feel better by...**



having a rest



reading a book



eating a healthy snack



lying down for a nap



going outside



watching a  
TV programme



**Add a strategy  
of your own.**





# Scared

Colour in the strategies you would use to manage fear.

**When I feel scared, I can feel better by...**



talking to someone I trust



drawing a picture of what I am scared of



getting an air cuddle



taking deep breaths



thinking about something else



staying close to someone from home



**Add a strategy of your own.**



# Bored

Colour in the strategies you would use to manage boredom.

**When I feel bored, I can feel better by...**



playing outside



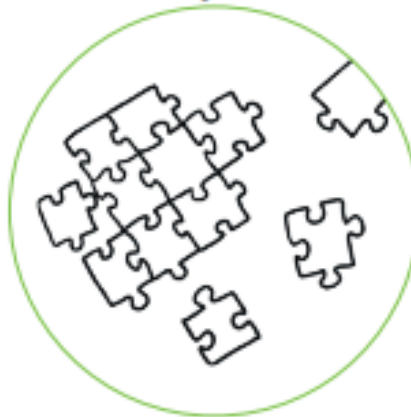
playing a game with  
someone from home



drawing a picture



reading a book



doing a jigsaw puzzle



building a den



**Add a strategy  
of your own.**