

My Feelings Activity Sheet.

LO: I can interpret my feelings as 'clouds'.

Last week we looked at the different parts of the brain and how they impact on the way we behave. Remember 'Tex', 'Amy' and 'Hippo'.

This week I would like us to focus on the 'feelings' we all experience.

Activity:

1. Use the attached sheet, with the brain at the centre, and write down all the feelings that you feel. It doesn't have to be what you are feeling right now, but can be any feelings that you have.
2. Can you write a list of the top 3 feelings that you have?
3. What feeling do you have most often? Why do you think that is?
4. What is your favourite feeling? Why?
5. What is your least favourite feeling? Why?

If you can, watch this short video <https://www.youtube.com/watch?v=XKgA0deXdiQ> and have a go at completing this sentence:

Emotions move toward us and away from us. Emotions are like the clouds because ...