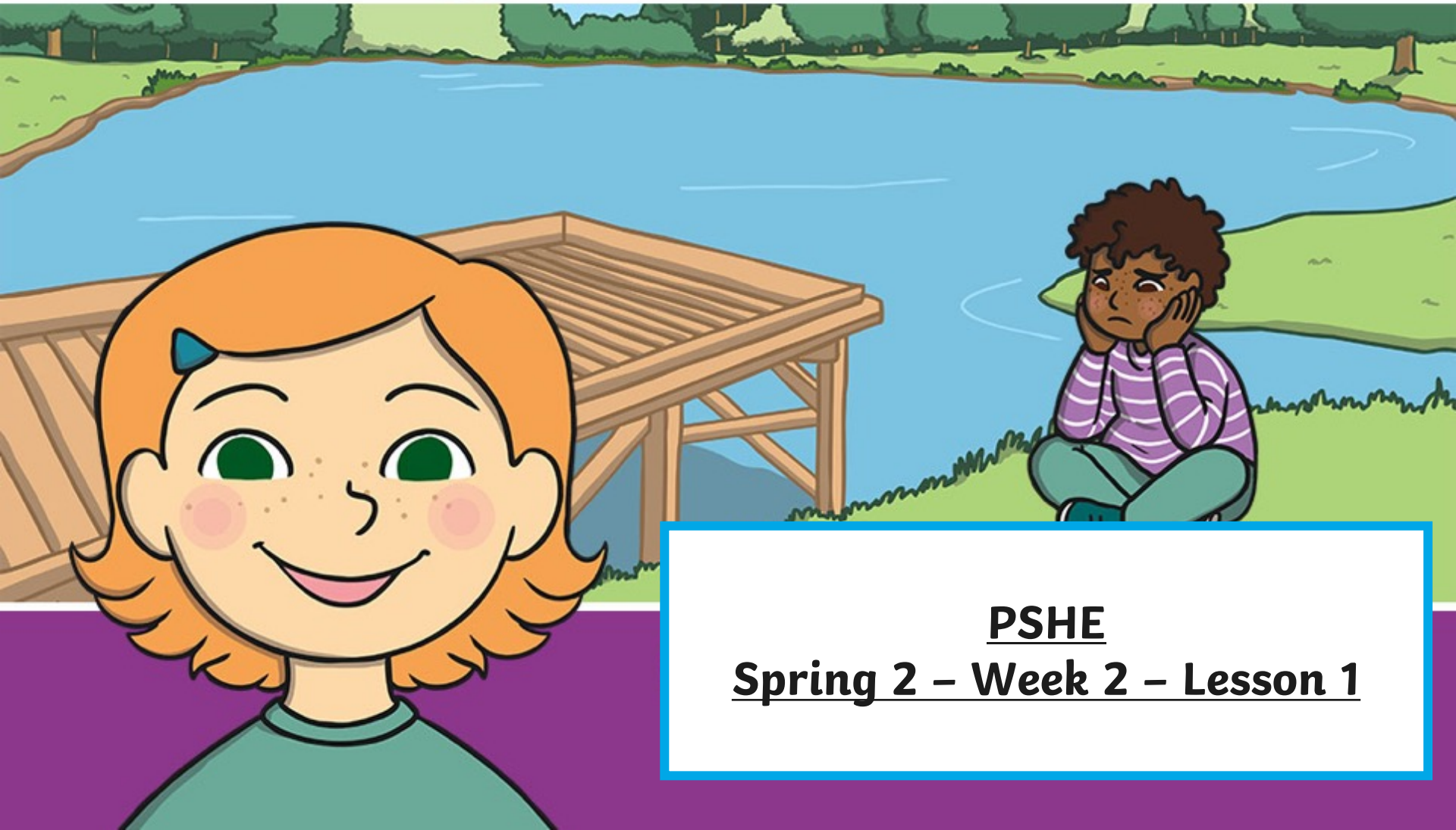
Feelings



PSHE

Spring 2 – Week 2 – Lesson 1

Aim

- I can name some of the different feelings I have and can describe how they feel.

Success Criteria

- I can explain that how I feel on the inside affects how I look on the outside.
- I can think about what I can do when I am feeling things that don't feel very good.
- I can think about how I can help others when they are feeling things that don't feel very good.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's Programme of Study.

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What are our different feelings called?
How can we describe them?

Feelings

We can have lots of different feelings.



Sometimes we are cross.

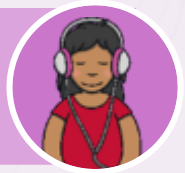


Sometimes we are happy.



Sometimes we are sad.

Sometimes we are calm.



There are lots more feelings beside these. However we are feeling, that is OK but it is important we learn about our different feelings. It can help us know what to do when we are feeling a certain way.

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Feelings

The children in the following pictures are feeling different things.

Can you work out how the children are feeling in each one? Why do you think they are feeling that way?

Frank's favourite teddy has lost an eye.



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Feelings

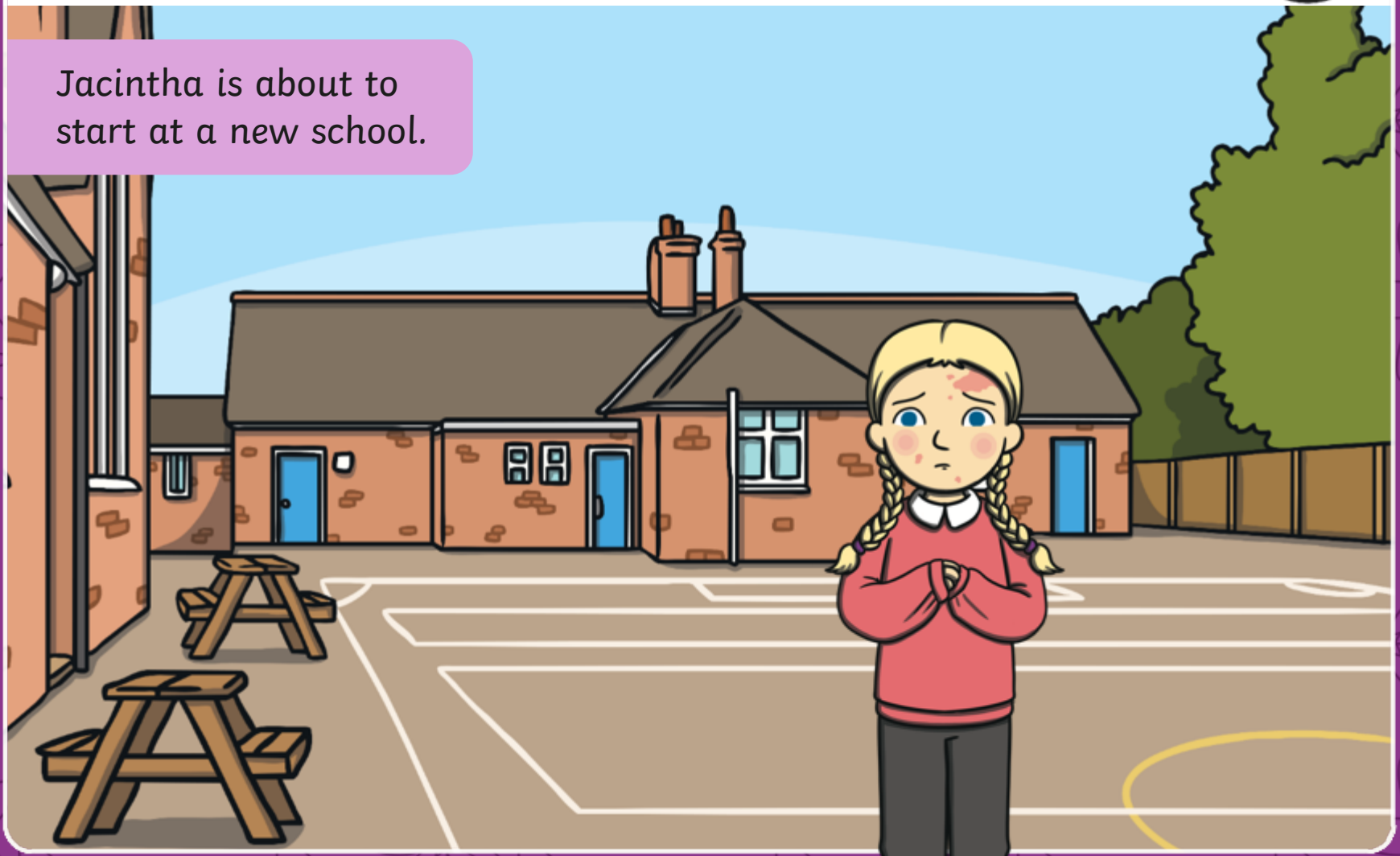
Whole Class



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Feelings

Whole Class



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Feelings

Whole Class



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Feelings

Whole Class



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Feelings



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Feelings

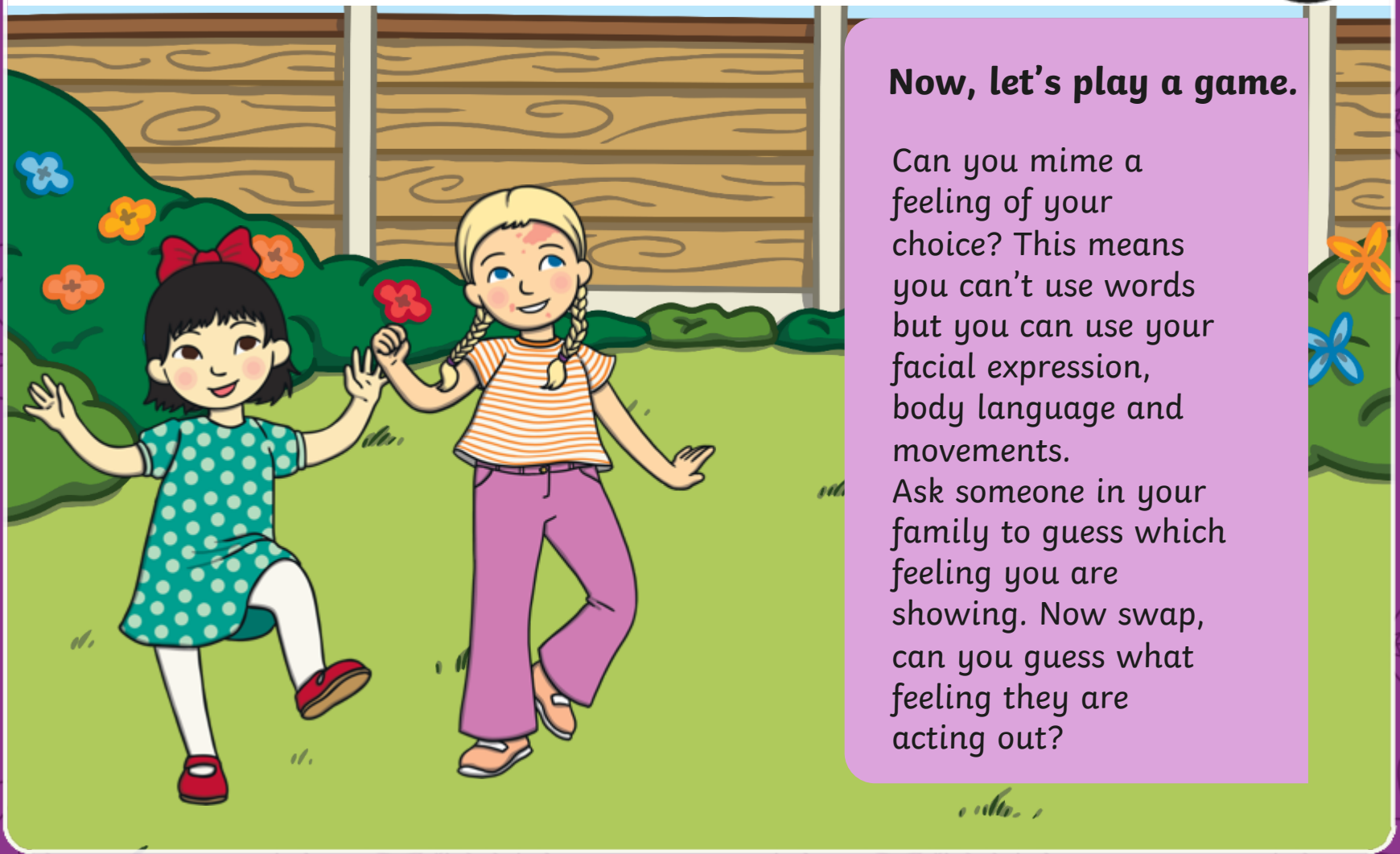
Whole Class



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Feelings on the Inside and Outside

Whole Class



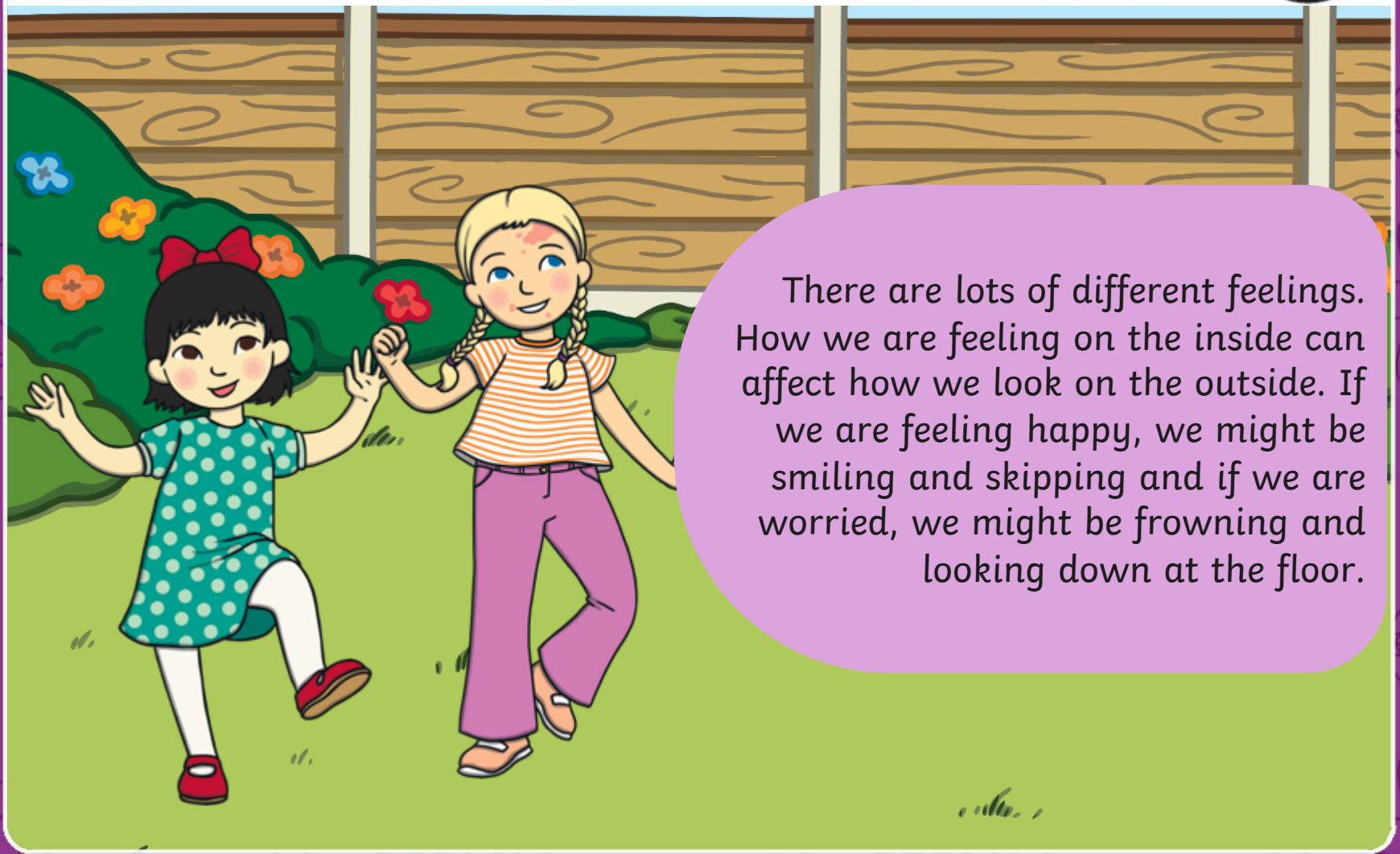
Now, let's play a game.

Can you mime a feeling of your choice? This means you can't use words but you can use your facial expression, body language and movements.
Ask someone in your family to guess which feeling you are showing. Now swap, can you guess what feeling they are acting out?

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Feelings on the Inside and Outside

Whole Class



There are lots of different feelings. How we are feeling on the inside can affect how we look on the outside. If we are feeling happy, we might be smiling and skipping and if we are worried, we might be frowning and looking down at the floor.

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Getting Help



It is OK to experience all these feelings, even the ones that are uncomfortable. Everybody, children and adults, has times when they are feeling difficult emotions.

If you are feeling very sad or lonely, angry or worried, you can get help to feel better by talking to a grown-up that you trust. Tell them what is on your mind and how it is making you feel.



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Different Feelings



Draw a picture to show a time when you felt happy, sad, angry, worried, excited or nervous.

Remember to show on the outside how you were feeling on the inside.

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Looking after Ourselves and Each Other



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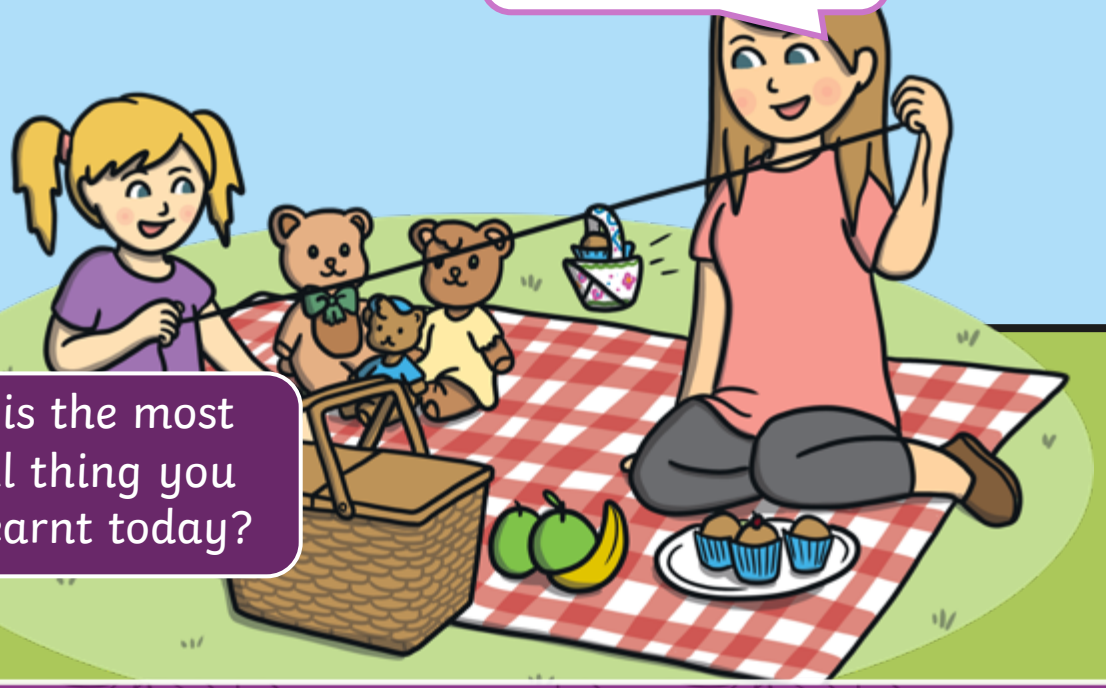
Looking after Ourselves and Each Other



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What are our different feelings called?

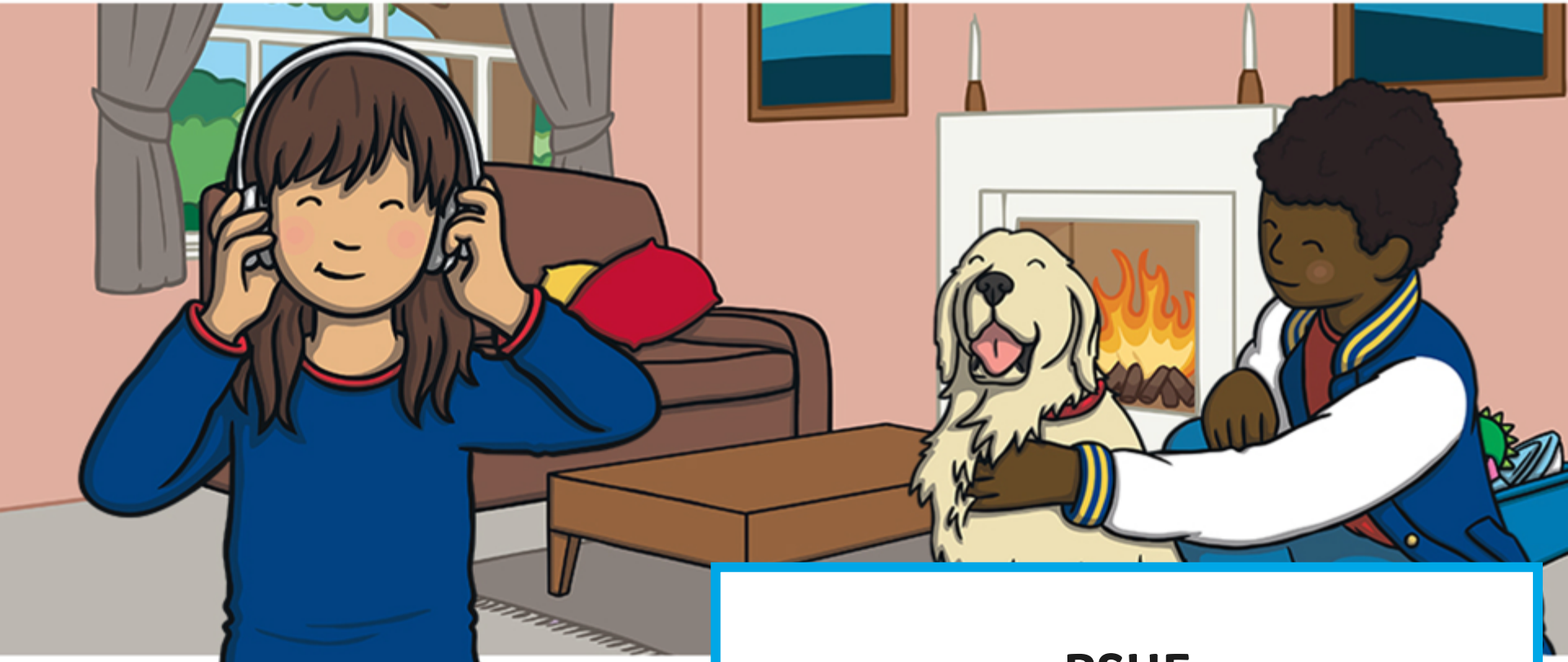
How can we describe them?



What is the most helpful thing you have learnt today?

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Things I Like



PSHE

Spring 2 – Week 2 – Lesson 2

Aim

- I can talk about things I like that make me feel happy.

Success Criteria

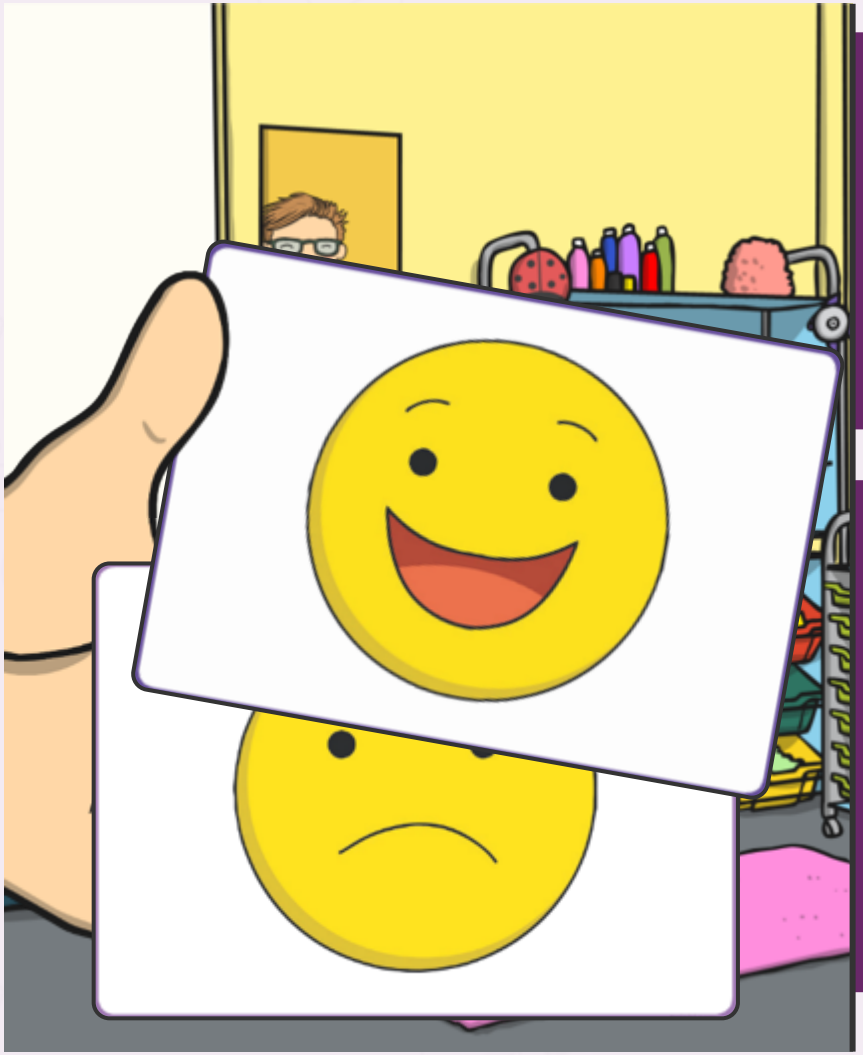
- I can decide if something makes me feel happy or sad.
- I can identify other good feelings.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's Programme of Study.

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When do we feel happy?
What other good feelings do you feel?

Feelings



Look at the different images as they appear and decide if they make you feel happy or sad. If they make you feel happy, hold up the smiling face. If they make you feel sad, hold up the sad face.

Feelings … they can be unc… t things can r… nt way… e as our f… differ… feeling, that is … tings with peo… help.



Feeling Happy



We feel happy when we are pleased. It is often when we are doing things we like or when we are with people we like.



Remember, we are all different and different things will make us happy – it is important to be yourself! This makes the world an exciting place to live!



What makes you feel happy?

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Different Kinds of Happy

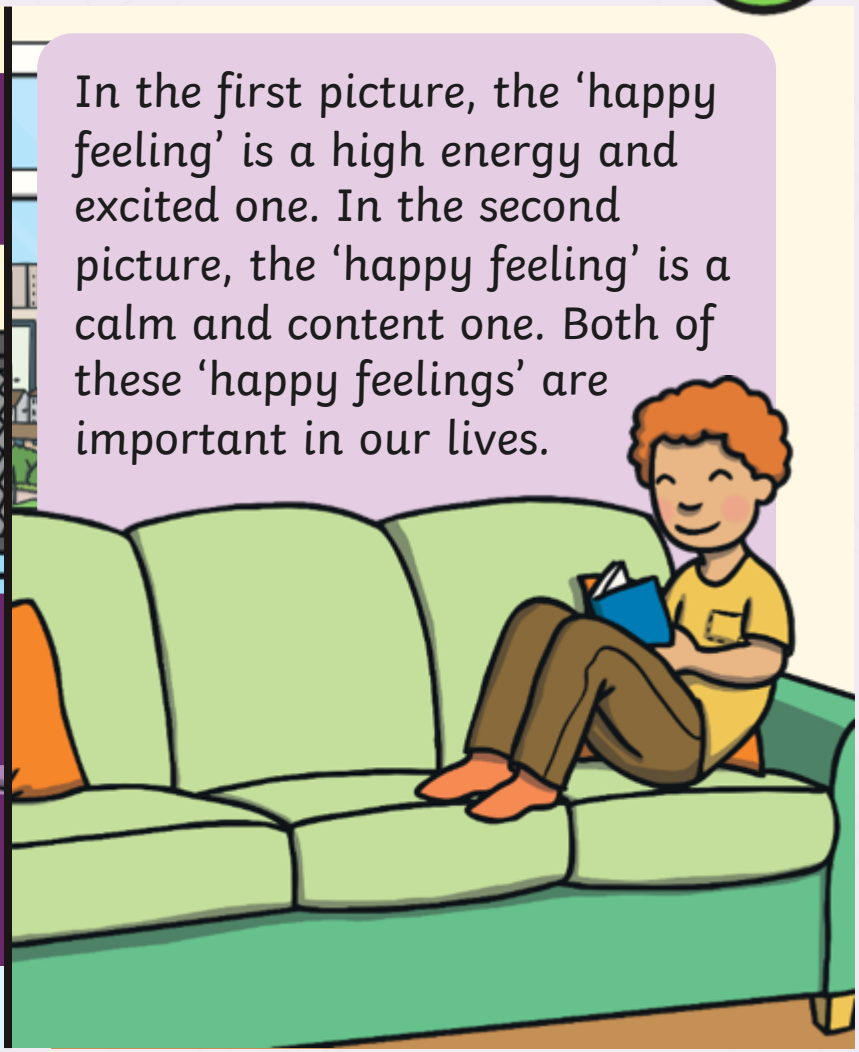
Whole Class



In each of these pictures, the people are feeling happy.

Why do you think the people are feeling happy?

Is the 'happy feeling' the same or different in each one?



In the first picture, the 'happy feeling' is a high energy and excited one. In the second picture, the 'happy feeling' is a calm and content one. Both of these 'happy feelings' are important in our lives.

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Different Kinds of Happy



When we are struggling with uncomfortable or sad feelings, we can think about these happy things to help us. Talking to someone we trust about our feelings can also help.



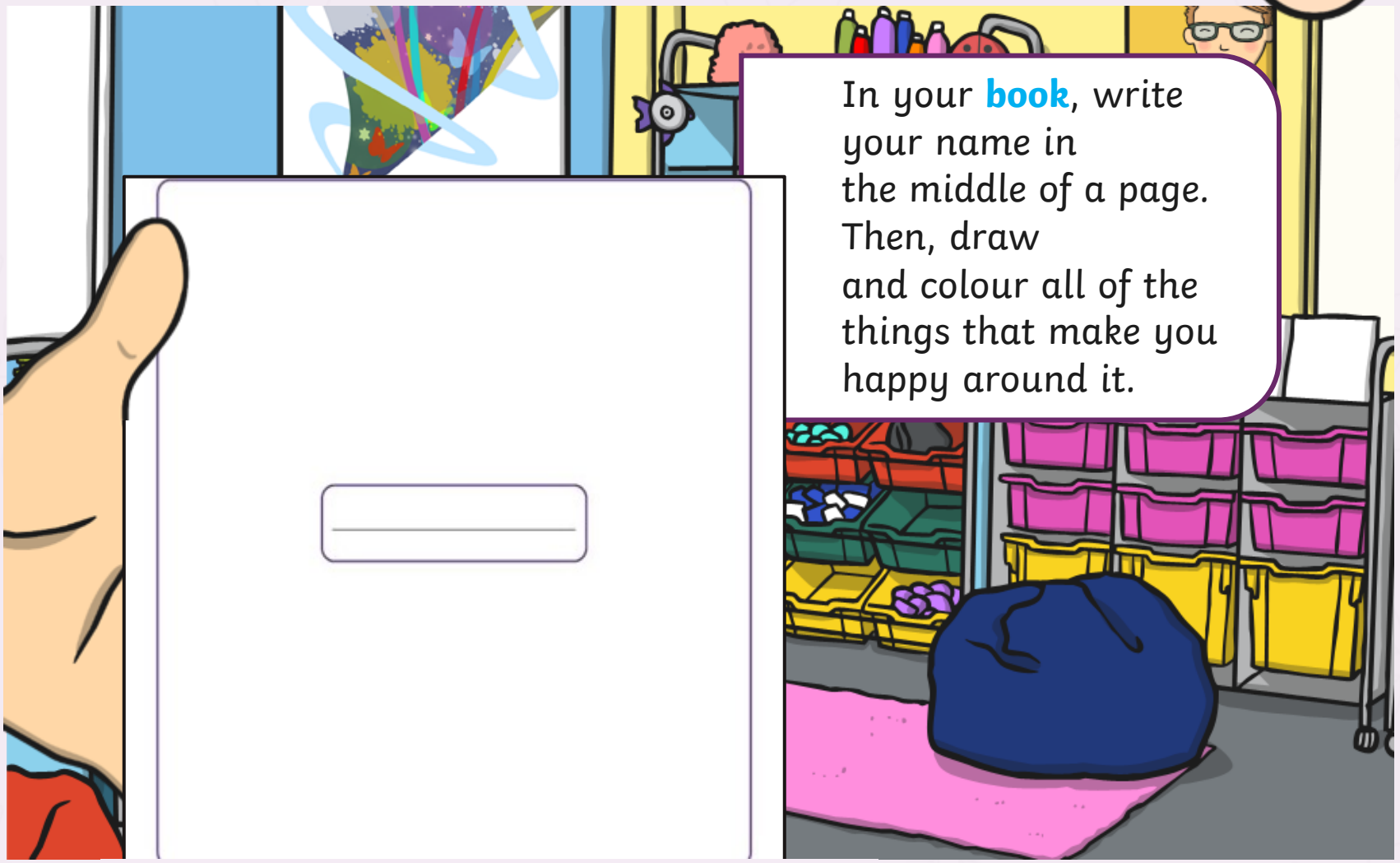
What makes you laugh out loud?

What makes you feel calm and content?

What makes you feel happy?

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My Happy Picture



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Good Feelings



There may be times when we are finding it hard to feel happy, this is OK. Thinking about the things we like that make us happy and talking to someone we trust could help.

What good feelings do we have that are different to feeling happy?

Take a moment of quiet to think about this.

We feel good inside when we feel...

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Good Feelings

We feel good inside when we feel...



loved

excited

secure

special

proud

safe

relaxed

calm

wanted

Did you think of any others?

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