

Monday 1st – Friday 5th June 2020

PSHE: Emotions

1. Match the words below to the emotion on these children's faces.



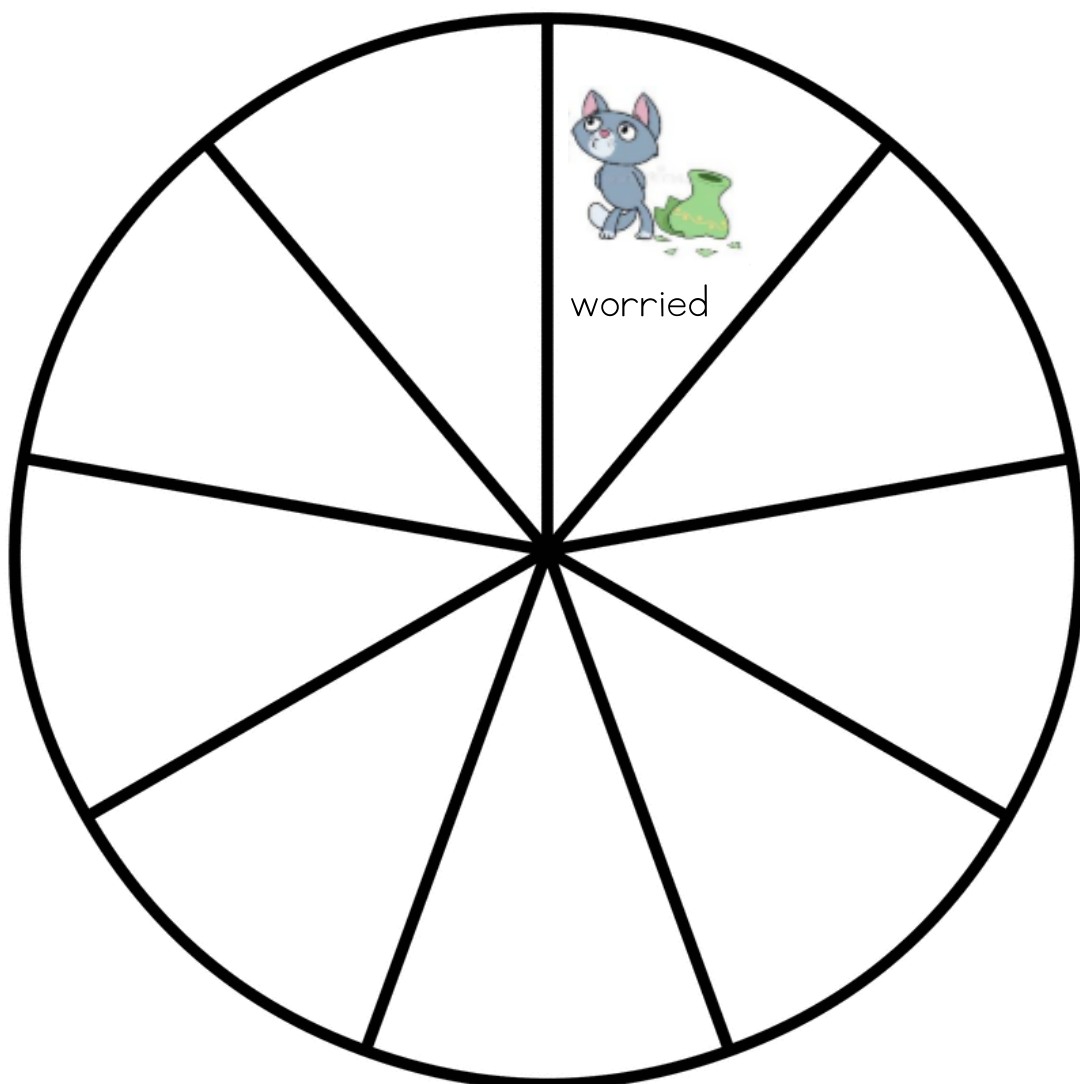
Nervous	Upset	Sad	Calm
Tired	Excited	Confused	Proud

2. How might you feel in the following situations? Try and use a different word for each event (you can use more than one word).

You fall over and hurt your knee.	
You receive a present.	
You are going on a bike for the first time.	
You go back to school for the first time in a while.	
You break something that does not belong to you.	

You meet a friend you haven't seen for a while.	
You go out to play in the park.	
You are picked to play in a team.	
You cannot go and play with your friends for a while.	

3. Choose eight emotion words (use the ones below or think of your own) and complete the wheel by drawing a picture of an event that describes each emotion. For example, if I broke something that didn't belong to me, I might feel **worried**.



Nervous	Upset	Sad	Calm
Tired	Excited	Confused	Proud
Hurt	Happy	Angry	Worried
Silly	Surprised	Frustrated	Bored

4. Look at each of your pictures and emotion words. Are these emotions ones that feel good or bad? If they feel bad, what could you do to change that emotion? Some ideas are below:

Talk to an adult you trust or an older sibling - let them know how you feel and ask if they can cheer you up, calm you down or tell you how to feel better.	Write about how you are feeling then read it back - does it sound like something worth worrying or being angry about, or could you let it go?
Take a deep breath in for four seconds then blow the breath out of your mouth for four seconds. Repeat this until you feel calmer.	Take your mind off how you are feeling by doing something else like colouring in or putting some music on and dancing around the house.

Extra Ideas

Thinking about your own well-being, it might be helpful to:

- Write a journal on a daily or weekly basis to reflect on what you have been up to and how you are feeling.
- Set a goal that you can achieve each day, for example, tidying your bedroom or reading two chapters of a book.
- Complete a yoga or meditation session online (I love Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga/videos>). You could even create a step-by-step guide on what you did in the session and how these activities can help to improve how you feel.