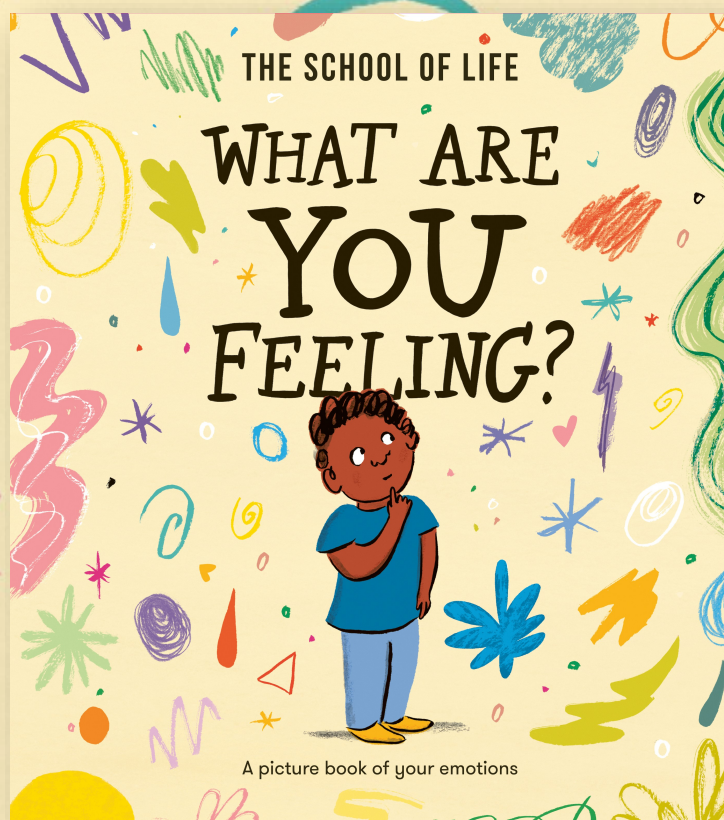


ACTIVITY PACK

Supporting ideas for Teachers & Students

For use in the classroom or at home.

Suitable for ages 6+



These activities can be used with children at home or in the classroom. They can be completed in sequence or children can dip in and out of activities as they wish.

QR codes are included in the resources—simply point any device's camera to it, to receive answers or links to relevant websites.

Teachers: A provision map is included at the back of this activity pack.

It is advised that teachers, parents or carers read through this booklet and complete any tasks before students, to ensure that everyone is comfortable with its themes and activities.

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What Are You Feeling?

1	If your friend is playing with someone else and you feel left out, how might you feel?	a) Sad, b) Happy c) Mischievous
2	What might you compare the feeling of anger to?	a) A cat b) A volcano c) A butterfly
3	What does feeling sensitive mean?	a) Having fun with an idea b) You notice little things c) Nothing exciting is happening
4	What can it be tricky to do when you are upset?	a) Jump up and down b) Be quiet c) Tell other people what's wrong
5	If you have done something really well, what word might you use to describe that feeling?	a) Angry b) Confused c) Proud
6	What does being quiet sometimes mean?	a) You want to be by yourself b) You are not very strong c) You can explode like a volcano
7	When you say sorry, what might it feel like you are saying?	a) I'm just silly b) I'm just bad c) I'm just quiet
8	How could you describe the feeling of being happiest on your own?	a) Confused b) Lonely c) Independent
9	Being curious makes you want to do what?	a) Scream b) Learn new things c) Be by yourself
10	When you can't stop smiling and it feels like the sun is shining inside your brain, what are you feeling?	a) Happy b) Hurt c) Afraid



WORDSEARCH

K	U	E	V	I	T	I	S	N	E	S	T	E	B
E	M	O	T	I	O	N	A	T	E	V	E	R	Q
Y	R	G	N	A	S	N	W	O	R	R	I	E	D
O	E	T	N	E	D	N	E	P	E	D	N	I	R
O	T	N	T	D	A	T	D	S	T	N	D	M	H
G	F	W	D	E	I	Y	L	E	N	O	L	S	I
N	U	A	U	S	E	S	E	E	R	U	T	D	A
I	H	U	O	U	C	I	H	A	I	N	E	R	F
L	P	T	R	F	U	S	T	E	E	N	I	R	H
E	H	E	P	N	R	S	A	F	R	A	I	D	F
E	O	R	E	O	I	I	Q	E	N	G	E	F	O
F	K	T	A	C	O	N	O	S	T	I	R	I	A
O	M	O	O	O	U	L	U	L	C	A	S	E	M
E	T	R	M	I	S	C	H	I	E	V	O	U	S

Emotion

Feeling

Worried

Angry

Sensitive

Proud

Mischievous

Afraid

Independent

Lonely

Curious

Confused



Choose one or two feelings words from the list below to draw. It doesn't have to be a face; it can be what that feeling means to you. For example: anger could be a volcano, happy could be a sunny day or worry could be a ship in a storm!

Bored	Quiet	Angry	Lonely
Sensitive	Mischievous	Sad	Curious
Upset	Sorry	Worried	Confused
Proud	Afraid	Shy	Amazed
Hurt	Independent	Silly	Happy



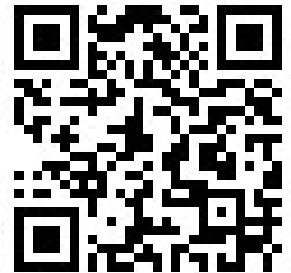
What Are You Feeling?

Nature Art

With the help of an adult, collect a range of natural materials such as leaves, twigs, pine cones, pebbles, flowers, shells etc. How many faces can you make from the natural materials? Can you make a proud face? How could you show an angry face? What about a confused face?

Make your own Mood Jar

Scan the QR code and follow the instructions to make your own calming mood jar. You could even add beads, sequins or sea shells to your jar too.



Funny Face Stress Ball

Make your own funny face stress ball! Scan the QR code and follow the steps with help from an adult.



Tuning In: Mindful Listening

Have a go at the wellbeing activities created by Place2Be's Art Room and the Royal Philharmonic Orchestra. Scan the QR code to access three different activities and videos to help you notice your feelings through music and art.





CREATIVE WRITING

What Are You Feeling?

Acrostic Poetry

Write an acrostic poem all about your feelings! In an acrostic poem, the first letter of each line spells out a word. Choose a feelings word and write an acrostic poem for it. Don't forget that you can use words from the wordsearch or drawing pages.

Positivity Postcards

Remember, no feelings are bad and they are always important but some of them can be tricky to talk about. Write some postcards to yourself, which you can read if you are ever feeling sad, upset, angry or afraid. The postcards could be about happy memories, things you are proud of or your favourite facts!


Adventure Story!

Write an adventure story based on your emotions. Choose 3 emotions and imagine those emotions as characters in your story. How might they behave? Will these emotions characters get along with each other? What might help them?

Feelings Diary

Create a feelings and diary and write about your different feelings each day. Sometimes it can be easier to write about feelings as it can help you understand them. Try to think about why you might be feeling that way. You could even use different colours when writing the feelings words!

PROVISION MAP

Literacy	Mathematics	Understanding the World	Expressive Arts and Design
<ul style="list-style-type: none"> If children were in charge of the world and grown-ups had to do what you told them, what would the rules be? Write a list of silly rules for grown-ups to follow. What is your favourite thing to learn about? Do you know lots about space or perhaps animals? Create a fact file about your favourite topic! Being bored is like your brain sending you a message to use it! Use your amazing brain to write a story from your imagination. It could be about the discovery of a new planet or perhaps an underwater world! 	<ul style="list-style-type: none"> Being sensitive means that you notice and care about little things. Go on a nature hunt and collect natural objects such as leaves, twigs and pine cones to count. There are 20 different feelings in the book. How many different ways can you make 20? Try using objects to represent this or write the calculations down. Baking can help our clever brains when we are feeling bored! Bake some biscuits with the help of an adult. Use weighing scales to look at the amounts of each ingredient needed. Which ingredient has the highest weight? Which has the lowest? Do you recognise any of the numbers on the scale? 	<ul style="list-style-type: none"> Anger can sometimes feel like a volcano. But what is a volcano and what causes a volcano to erupt? See if you can find out! Are you frightened of lions? Where do lions live? Can you find out some information about them? Discuss: There are lots of different feelings in the book. Can you remember a time when you felt any of these feelings? What about someone you know? How do you think the world would look if we all used what we know about our feelings to imagine how other people might be feeling? 	<ul style="list-style-type: none"> Create Feelings Monsters by using toilet roll tubes! Draw a face on each tube to represent each different feeling. You could use colours or collage materials to decorate them too! Can you think of a feeling that isn't in the book. Use paint materials to paint a picture of that feeling. What might it look like? What colours will you use? Create a Feelings Plate! Scan the QR code and follow the instructions to create a feelings plate. 
Communication and Language	Physical Development	Personal, Social and Emotional Development	
<ul style="list-style-type: none"> Discuss: Feeling worried can sometimes be a little bit scary. If someone is feeling worried, what could you do to help them? What might you do or say? Discuss: What are you afraid of? Saying sorry is very hard. Have you ever had to say sorry for something? How did it make you feel after you said sorry? Being curious is wonderful! Write down something you are curious about and find out the answer with an adult! 	<ul style="list-style-type: none"> Feelings Hopscotch. Chalk out a hopscotch grid outside and write a feeling word in each square. Play hopscotch and when you land on a feeling word, describe it and explain why someone might feel that way. Sometimes being outside in nature can help us if we have lots of feelings. Take a walk outside and listen to all of the things you can hear. What is the loudest sound? What is the quietest? Dancing can make us happy and can make us smile! Choose your favourite song to dance to. What dance moves can you make? Can you copy some dance moves that your friends make? 	<ul style="list-style-type: none"> Talk about a time you have felt upset. Can you explain why you felt that way? Can you draw a picture to show that feeling? Discussion: Think about a time you have felt proud. Why did you feel this way? Can you describe what it was like to feel proud? Have you ever felt proud of anyone else? Discussion: How do you know how someone is feeling? Can you tell by their expression? How might their body language give you a clue? Practise showing different feelings to a friend by using your face. Can your friend guess the feeling? 	