

HOW ARE YOU FEELING?

WE ARE GOING TO LEARN SOME WORDS TO DESCRIBE HOW YOU ARE FEELING, WHAT MOOD YOU ARE IN?

WE ARE THEN GOING TO LOOK AT HEALTHY WAYS WE CAN ALTER OUR MOOD

WORDS TO DESCRIBE OUR EMOTIONS

Happiness

Anger

Frustration

Boredom

Calmness

Pride

Confidence

worry

Sadness

Jealousy

Boredom

Surprise



Disappointment

Gratitude

Excitement

Have a think with your grown up about what each of these words mean . Think about emojis... what ones would you use for these emotions?

Together, explore **one** of these emotions further. What do we mean by that word? What words or images come to mind when we hear that word? How might someone feel if they are experiencing this emotion? Where might they feel it in their body?

If you like you can fill in the sheet in on the last slide.

For example this week I have felt bored because I haven't been teaching at school and I haven't been able to go outside. My face looks like this!



I do not like feeling bored. My arms and legs feel like they want to move all the time and at the same time I yawn and feel tired. Then the bored feeling turns into a grumpy feeling.

What do I do to help myself get into a better mood?

I find doing some exercise helps, reading a book or painting. I also like to do a bit of mindfulness - that means being quiet and still, not doing anything but listening to your breath and being in the moment.



I have included a little mindfulness breathing activity card you could use to help you practice some mindfulness if you like. You could also try the activity below - it feels good!

1. **To begin, find a comfortable sitting position.** You can even place a hand on your heart. Allow your eyes to close or lower your gaze toward the floor.
2. **Bring to mind someone who you really respect and look up to, and who really loves you in return.**
3. **Notice how you feel as you bring this person to mind.**
4. **Make a kind wish and send it their way.** What would make them happy?



Example of sheet filled in by Sid the dog

THINGS THAT MAKE ME FEEL: HAPPY

getting my tummy tickled

going for a walk on the
heath with my family,
(not when it's raining)

Chasing the cat around the
sofa.

going to the beach and digging an
enormous hole, then putting a
ball in the hole, then taking it out,
then putting it back in the hole,
then taking out....

when someone drops
a piece of food on the
floor and I get to eat
it.

Eating watermelon in the
summertime and any other
time.

Carrying Frisbees