

Feelings



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.

The Big Questions



What are our different feelings called?

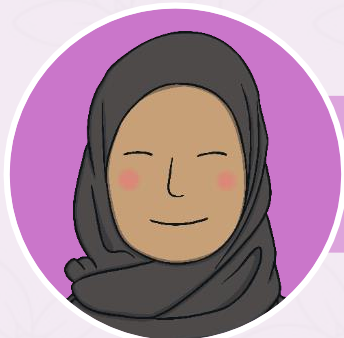
How can we describe them?



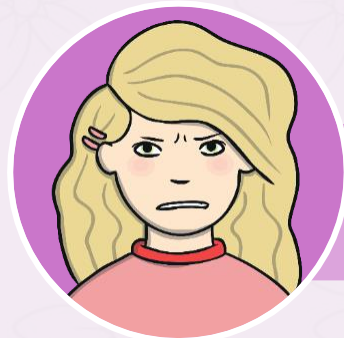
Feelings



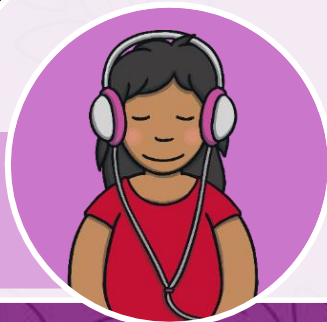
We can have lots of different feelings.



Sometimes we are happy.



Sometimes we are cross.



Sometimes we are calm.



Sometimes we are sad.

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.

Feelings

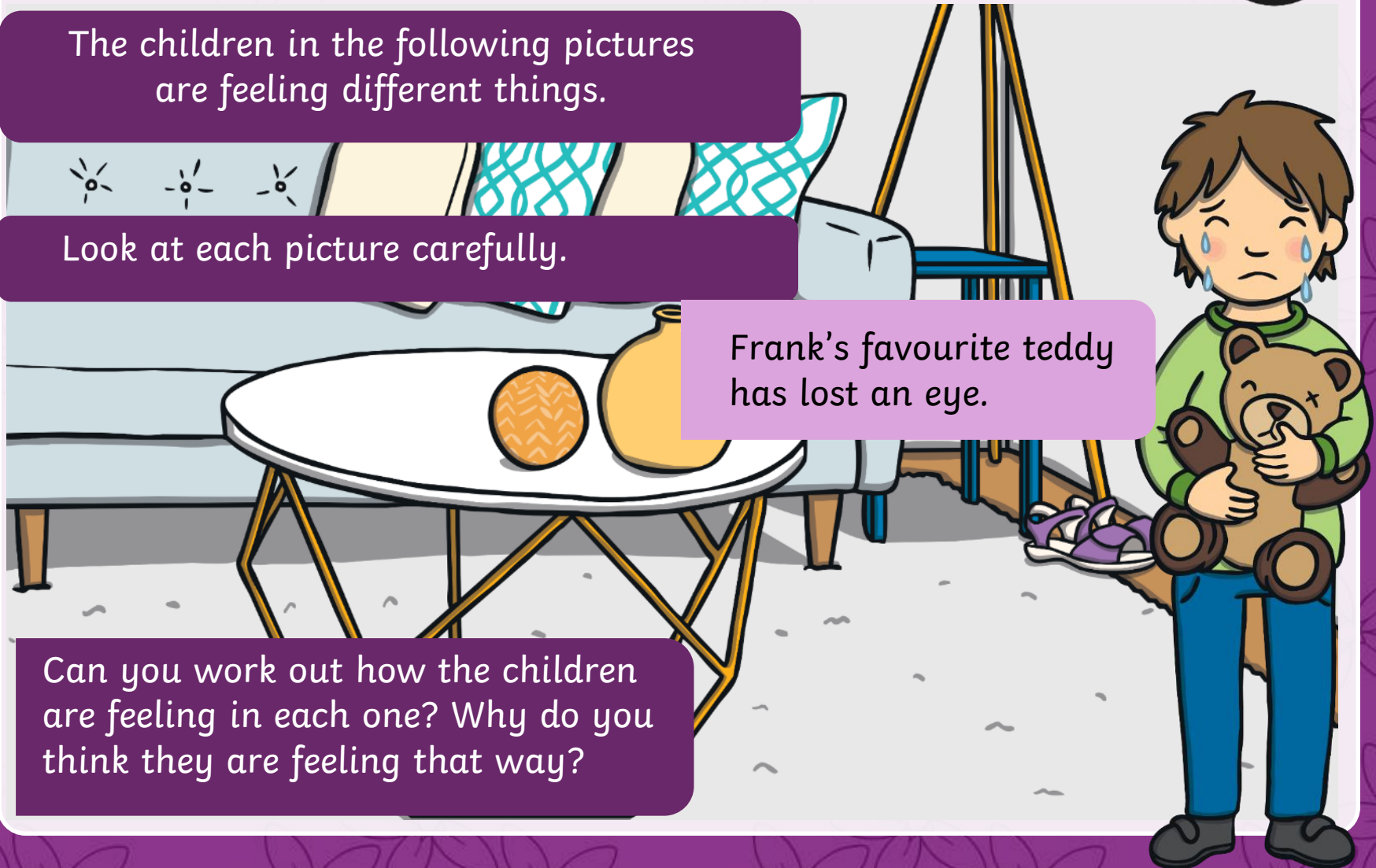


The children in the following pictures are feeling different things.

Look at each picture carefully.

Frank's favourite teddy has lost an eye.

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



Feelings



Sue-Ling is running to see her friends after a week away on holiday.



Feelings



Jacintha is about to start at a new school.



Feelings



Jake often has no one to play with at break time.



Feelings



Zofia has come to a theme park to go on the rides.



Feelings



Akiva's favourite football has been punctured by his big brother.



Feelings



Nicola can not see her mummy anywhere.



Feelings on the Inside and Outside



We are going to explore feeling happy, sad, angry, worried, excited and nervous.

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.

Are any of these feelings new to you?

Feelings on the Inside and Outside



Now, let's play a game.

Some of you are going to come to the front of the class and mime one of the feelings above. This means you can't use words but you can use your facial expression, body language and movements. The rest of the class have to guess which feeling you are showing.



Match the Feeling



We have thought a lot about the different feelings we may have and how they can make us look on the outside.

How did we do?

Is there anything you would like to share or ask?

Using everything you have found out, complete your **Match the Feeling Activity Sheet**.

You need to match the feeling on the inside to how it might look on the outside.

Match the Feeling

Can you match the feeling and its description to the right picture?

How I might look on the outside.	Feeling
	Worried I feel sick and keep looking around hoping someone will help me feel calm.
	Nervous My tummy feels a bit funny and I feel a bit dizzy.
	Angry I feel boiling hot and my whole body feels tense.
	Excited My tummy is jumping and I giggle a lot.
	Happy My mouth turns into a smile and my body and mind feel well.
	Sad The corners of my mouth turn down and tears fall from my eyes.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's [Experiences of Abuse](#)

twinkl PSHE and Citizenship | Year 1 | Relationships | Be Yourself | Feelings | Lesson 2

visit [twinkl.com](https://www.twinkl.com)

Getting Help



It is OK to experience all these feelings, even the ones that are unpleasant. 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.



Consolidating



Reflecting



Different Feelings



Different Feelings

How we feel on the inside can be seen on the outside. Choose one of the feelings below and draw a picture of a time you felt that way.

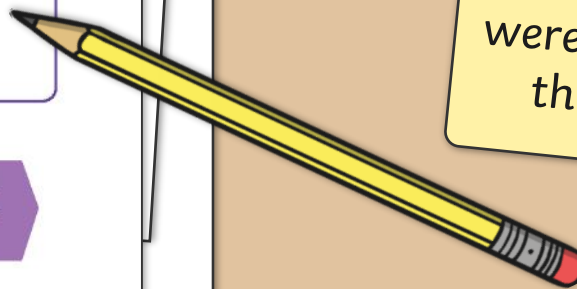
happy sad angry worried excited nervous



However you are feeling, that is OK. Sharing your feelings with someone you trust can help.

Draw a picture on the **Different Feelings Activity Sheet** 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.



Looking after Ourselves and Each Other



We can talk to someone we trust about how we are feeling and ask them to help us.

Some of our feelings make us feel good on the inside and some of our feelings don't feel as good.

When we are feeling something that doesn't feel as good, what could we do to help us feel better?

How could we look after our friends if they were feeling something that didn't feel very good on the inside?

What a lot of super ideas – let's be a class that looks after others, however they are feeling!



The Big Questions



What are our different feelings called?

How can we describe them?

What is the most helpful thing you have learnt today?

