

All About Feelings

Activity 2:

Use the activity provided on the next page.

In pairs, discuss which children you would match with each feeling. Try to explain why you have chosen each one.

Then, choose three of these feelings and write a sentence or two about a time you felt each of them. It might be that some of your ideas link to the themes of families or diversity from previous lessons.



FEELING 1 =

FEELING 2 =

FEELING 3 =

Older children are also very good at showing feelings and may learn to tell how other people are feeling by looking at their faces.



How do you think these children are feeling? Can you match the words and faces?

angry

excited

nervous

calm

happy

sad

proud

grumpy

worried

Can you think of a time when you felt any of these feelings?