

PSHE

WALT – talk about our feelings

Last PSHE lesson we talked about emotions and different feelings.

How many can you name in 30 seconds?

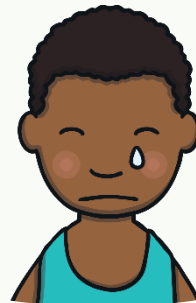
How Can We Show Our Feelings?

Have a
go!

Without saying any words, show a partner a feeling.
Can they guess which feeling you are showing?



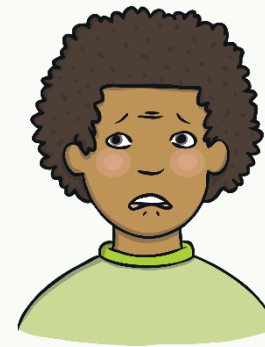
happy



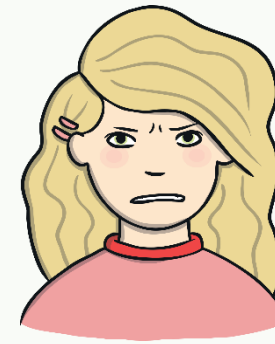
sad



lonely



scared



cross

Feeling Good and Bad

Some feelings make us feel good. Some feelings make us feel bad.
Can you sort these feelings into the right place?

happy

sad

excited

lonely

scared

cross

Feeling Good	Feeling Bad

Who Can Help Us?

If we have feelings that make us feel bad, who can help us?



Always tell someone if you have feelings that make you feel bad.

It is important that we talk about our feelings and don't keep things bottled up!

I would like you to think about these situations and how they make you feel. Think of some emotions YOU feel.

- 1. Getting a new toy.**
- 2. Not being able to go to school.**
- 3. Being in lockdown.**

This is how I feel

1. Getting a new toy.

I feel **excited** when I get something new. I feel **grateful** when somebody gets me something new.

2. Not being able to go to school.

I feel **sad** that I can't see all of you. I feel **annoyed** that I can't help more. I feel **happy** that everyone is safe at home.

3. Being in lockdown.

I sometimes feel **angry** that I can't leave the house. I feel **lonely** because I can't see ALL of my family and friends. I feel **grateful** that I have my close family around me. I feel **lucky** that I can still see you and communicate with you.

**Complete the ALL ABOUT ME IN
LOCKDOWN sheet in 'response'**