PSHE Association

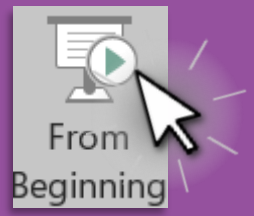
Parents: read our helpful guidance before you start

Before you start

Mental health and emotional wellbeing KS2 (Y3-4)

Home learning lesson: Expressing feelings

To start, play this slideshow from beginning



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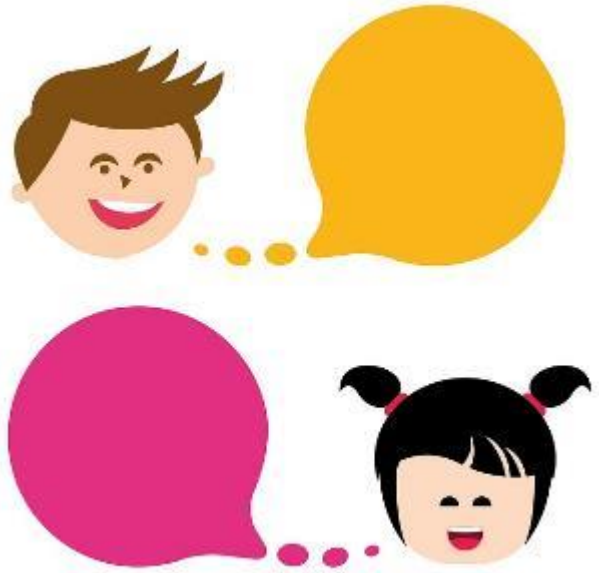

Y3-4 home learning:
Expressing feelings

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We are learning about expressing feelings

We will be able to:

- name a range of feelings and emotions
- match feelings to a scale of intensity and identify strong feelings
- describe different feelings and how they are experienced in the body
- recognise why it is important for people to express their feelings

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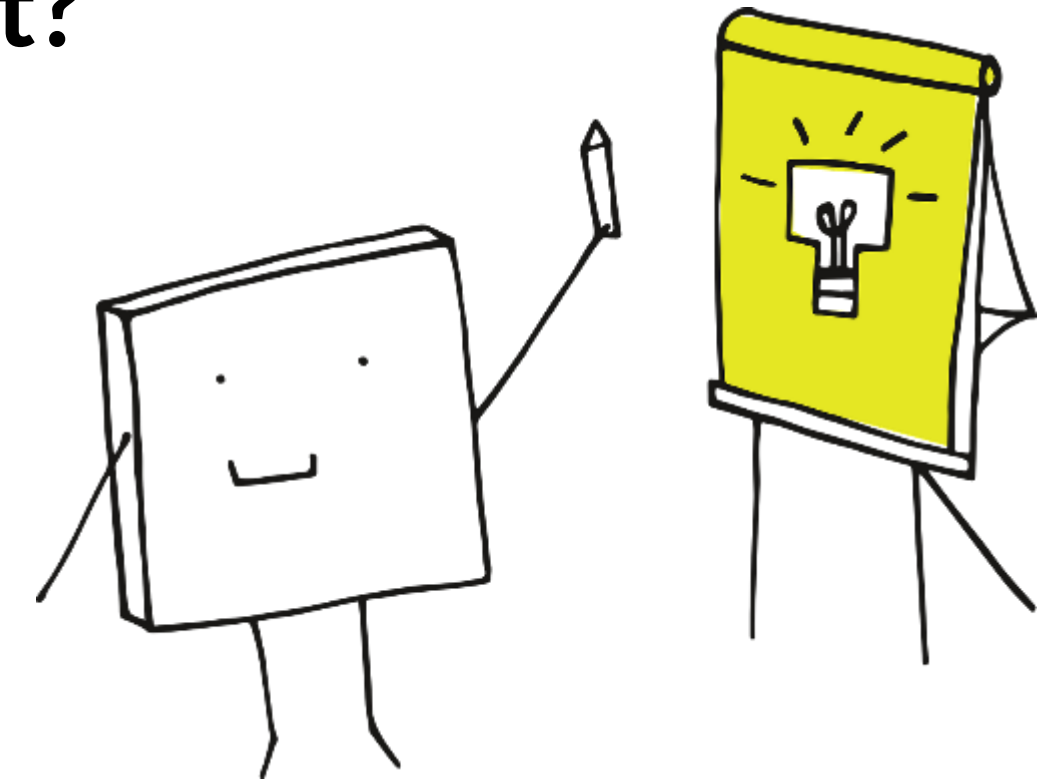
Monday Task Expressing feelings:

What's our starting point?

Make a 'feelings' graffiti board.

On a piece of paper, write down all of the words you can think of to describe feelings and emotions. Create this into a poster



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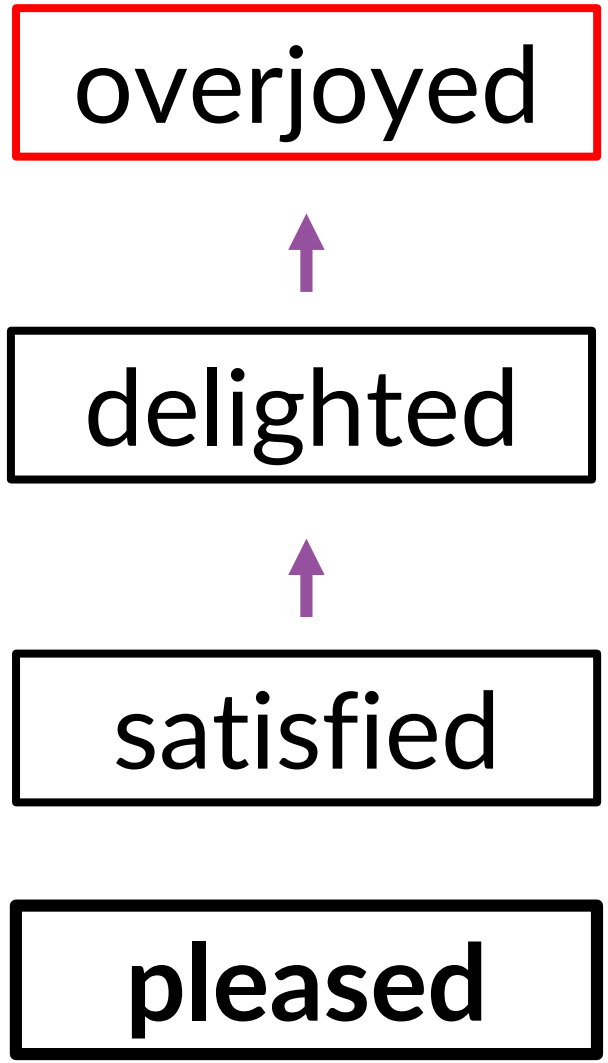
Feelings thermometers

Read the words from the **Feelings match up** sheet (**Resource 1** in your worksheet pack).

- Find the root words first.
- Now match the similar feelings words together
- Then organise them in order of intensity

  Which is the biggest feeling?
- Write it down on a piece of paper like this example.



Pleased is the root word and overjoyed is the biggest, strongest or most intense feeling.

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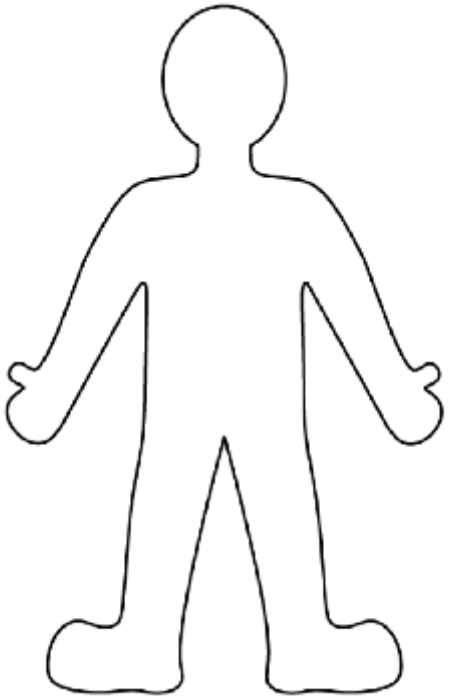
Tuesday Task: Expressing feelings

Choose one of the words that describes a 'big' feeling from your lists.

Now draw or write on the **Body outline** sheet (**Resource 2** in your pack).

- Where in the body might someone have that feeling?
- If the feeling had a colour, what would it be?
- If it had a shape, what would it be?
- If it had a texture, what would it be?
- If the feeling had a sound, what would it be?
- If the feeling were an image or a picture, what would it be?



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Feelings imagery

Thinking of images can help us describe strong or intense feelings.

What feelings do these images make you think of?

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Wednesday TASK: Writing about feelings

Write a sentence to match each picture and describe the feeling you think it best represents.

For example: Like a little cat, outside and lost in a snowstorm, she felt lonely and afraid.

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Why is it important to express feelings?

Expressing our different feelings helps us to recognise and manage them.

Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.

It helps us recognise when we might need help with our feelings.

Sometimes it is good for others to know how we are feeling — it helps them to help us.

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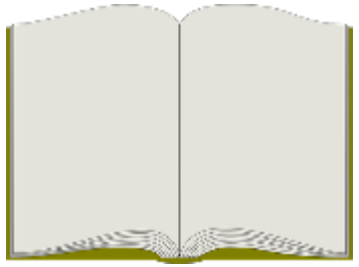
Ways to express feelings

What are some of the different ways people can express their feelings?



writing – diaries, poems, stories, blogs

art – drawing, painting, collage

talking to others

music

face and body

acting, dancing and singing

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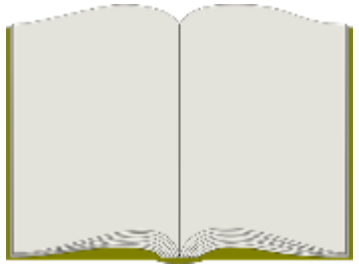
Thursday Task-Ways to express feelings

Choose one way to express your emotions and share your feelings about lockdown.



writing – diaries, poems, stories, blogs

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acting, dancing and singing

music

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Remember!

Expressing our feelings is important — it helps our minds stay well. There are many ways you can do this but talking to an adult you trust is one of the best ways.

If you are worried about any feeling, always talk to a trusted adult about it.

If you want to talk to someone other than a parent or teacher, ChildLine can help. See: https://www.childline.org.uk/get-support/ or phone 0800 1111

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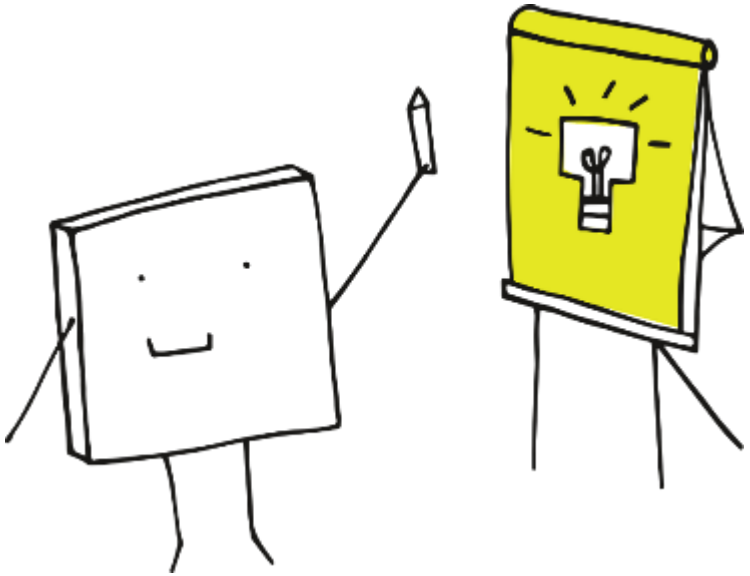
Expressing feelings:

Where are you now?



Go back to the 'graffiti board?' activity you did at the start.

Have you learned any new words or ways to describe feelings and emotions?

Add them to your graffiti board using a different coloured pen or pencil.

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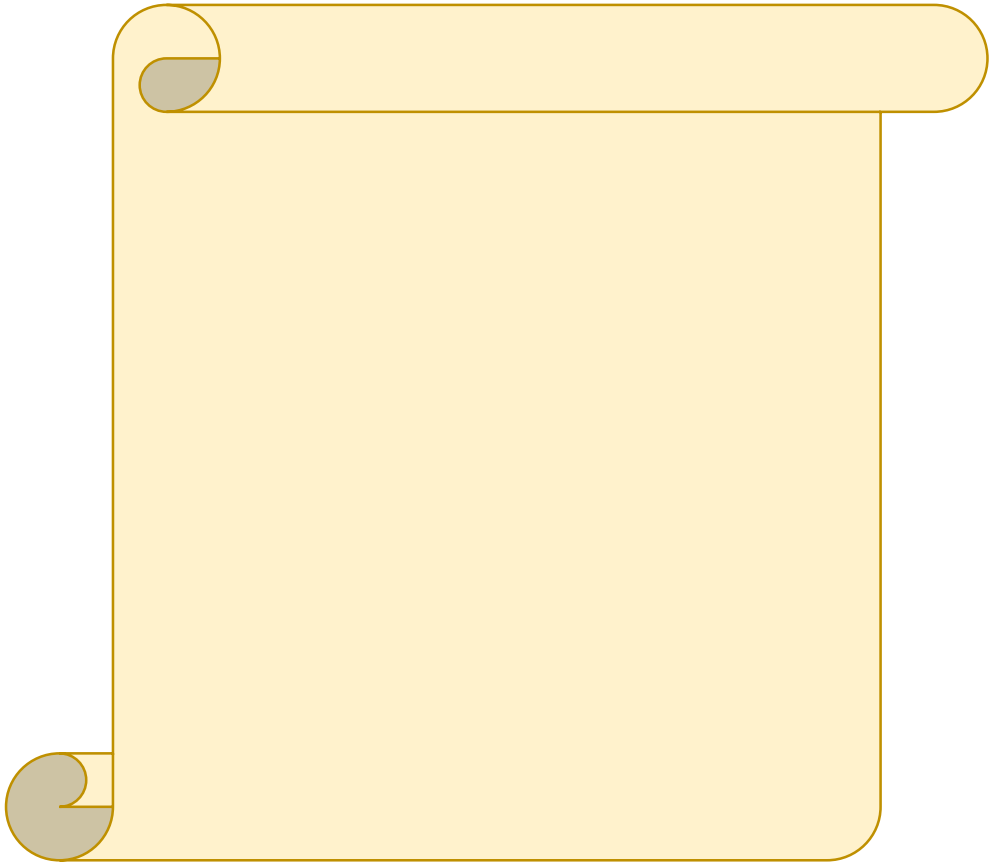
Friday activity

Produce a piece of artwork (a painting or collage) or descriptive writing (a poem or the beginning of a story) about feelings.



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