

Understanding and managing feelings

Feelings faces



Name feelings and emotions – *Frustrated, angry, sad, bored, lonely, left out, happy, glad, relieved.*

Managing the impact of feelings

Everybody is good at different things

Everybody shows strength in different ways – *resilience, helping adults, quick to change for PE*

There is always somebody to help us if we need it

Calming and relaxing

- Count to ten
- Tell a friend
- Listening to music
- My favourite place
- Muscle tensing, then relaxing
- Deep breathing

Vocabulary Tier 2

Feelings
Emotions
Resilience
strength



Vocabulary Tier 3

Calm relaxed Quarrel

