

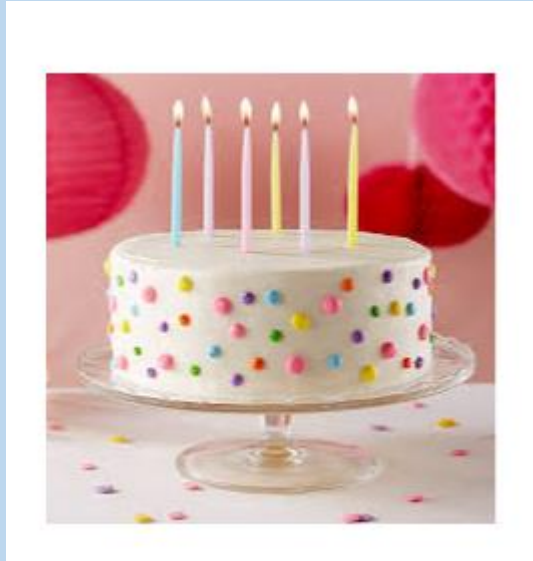
## Rules

- To be kind and supportive of each other
  - To laugh with, but not at each other
- To listen by looking at each other and not interrupting
  - To respect other peoples views and feelings
    - It's ok to say pass or not join in
- It isn't a secret but what we discuss should stay in class it shouldn't be shared with younger children.



This half term we will be learning all about  
different types of feelings..

How would you feel on these different occasions? How might your body feel/look?



$$\frac{2}{10}$$

# How would you finish these sentences off?

## Talk with a partner about your answers

I feel sad when...

I feel excited when...

I feel happy when...

I feel cross when...

I feel embarrassed when...

I feel worried when...


I feel surprised when...

I feel confused when...

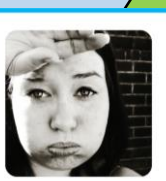
I feel nervous when...

Good feelings

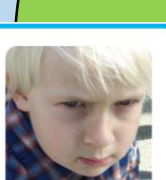
Not so good feelings



sleepy




hot



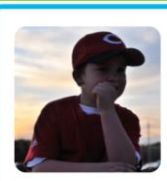
angry




excited



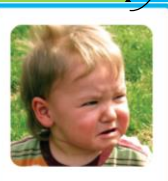
scared




nervous




confused



sad



worried




happy




frustrated




poorly



embarrassed



astonished

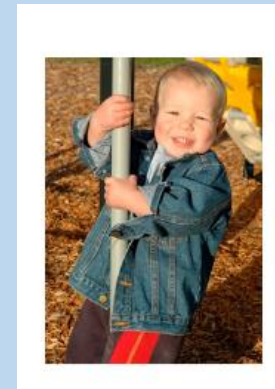
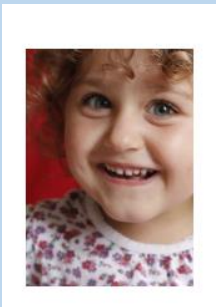
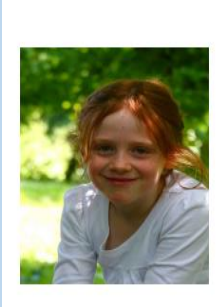
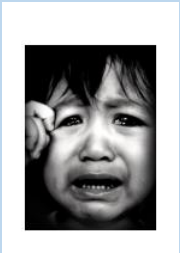


surprised

# Today's task

Think about all the different feelings we have discussed today - would they be a 'good feeling' or a 'not so good feeling'? - Write them in the correct column.

Use the pictures if you need some ideas.



PSHE

Wednesday 13<sup>th</sup> January 2021

LO: I can name different feelings

Good feelings	Not so good feelings

*this sheet can be found on the school website.*