

Hillstone Lifeskills



Can you think of all the feelings and emotions we have discussed or used in the last 2 lessons?

Today we are going to focus on how different feelings can make us behave in a certain way and what we can do when this happens.



Choose 1 of the feelings below. Think about and act out the different actions or responses that people might have to these feelings.

fear

surprise

anger

joy

disappointment

sadness



If i was doing sadness, I might act out crying or putting my head into my hands.



You will most likely have more than 1 reaction for each feeling. Although people experience similar feelings their reactions might be different depending on how they express it.

Can you match the feeling to the action you might do for it? You can just write down the action next to the feeling.

surprise

kick something

anger

jump up and down

sadness

cry

shout at someone

excitement

hug someone

hide

fear

be quiet

smile

disappointment

stamp feet



This is what I thought, did you think the same?

surprise

smile

anger

shout at someone

kick something

stamp feet

sadness

cry

excitement

jump up and down

hug someone

fear

hide

disappointment

be quiet

**It can be difficult at times to control or manage feelings.
Below are 2 scenarios.**

Jim is playing football for the school team. It's really exciting because the team are playing really well and look like they might win. In the final minutes of the game, Jim shoots to score the winning goal but he misses and his team loses.

Amy is in the school play. She already felt nervous about going on stage in front of everyone but to make things worse, it's her turn to speak and she has forgotten her lines! Everyone is looking at her, she feels her face go red and her legs turn to jelly.

**On the next page is a task for you to complete about these situations.
It is called FEEL, THINK, DO.**

Draw out the boxes and complete each one for the characters Amy and Jim:

FEEL **How is the character feeling?** What words/phrases could you use to describe this?

THINK **How might the character react?** What physical reaction might they have or action might they take. Is this OK, why/why not?

DO **What would help the character at the time?** What could or should they do? Should the character do anything after the situation?

Did anyone suggest that the character should talk to someone about how they are feeling?

How could talking about it help?

embarrassed

weight-off-your-shoulders

nervous

OK

good

relaxing

relieved

unsure

Is it likely people might feel the above things when talking about their emotions and feelings?

Should people still talk about their emotions, even if they feel embarrassed or nervous about them? Why?

Who can help?

Think of all the people around you.

If you were in a scenario like Jim and Amy, who could you ask to talk to or help with your feelings?



teacher

parent

friend

brother

sister

To finish the lesson off today, think about Jim and Amy's situations again.

Jim is playing football for the school team. It's really exciting because the team are playing really well and look like they might win. In the final minutes of the game, Jim shoots to score the winning goal but he misses and his team loses.

Amy is in the school play. She already felt nervous about going on stage in front of everyone but to make things worse, it's her turn to speak and she has forgotten her lines! Everyone is looking at her, she feels her face go red and her legs turn to jelly.

Now we have thought about who can help, complete the last two boxes on the next page; SAY and AFTER.

SAY At the time of the situation, whom should the character talk to? What should they say?

AFTER After the situation who should the character talk to? What should they say?

Remember, feelings are normal. Today we have learnt what we can do if we are feeling a certain way and who can help.