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 that 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.

kick something

surprise

jump up and down

anger

cry shout at someone
sadness

hug someone hide

excitement

fear be quiet

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		
excitemen	t jump up ai	nd down hug	someone
fear	hide		
disappoin	tment be quie	t	

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 looses.

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	ок	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?



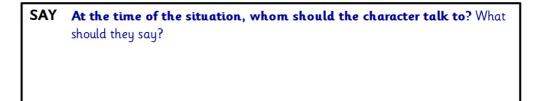
teacher parent friend sister

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 looses.

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.



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.