

Hillstone Lifeskills

How Do You Feel Today?



Happy



Sad



Shy



Excited



Sorry



Proud



Embarrassed



Angry



Guilty



Surprised



Afraid



Impatient



Jealous



Hopeful



Hurt



Loved

The next few life skills lessons will focus on our wellbeing and feelings.

Time to think...

What is a feeling?

What does a feeling do?



**Think about the answers yourself or
talk to whoever is next to you about them?**

A feeling is our emotional state, the way we react to something. Feelings are important because they help us to manage different situations and look after ourselves. Feelings and emotions are about our minds but we might also experience them in our bodies.



We all have lots of different feelings all of the time. There are lots of different things that can affect our feelings and this is why our feelings change so often everyday.

How Do You Feel Today?



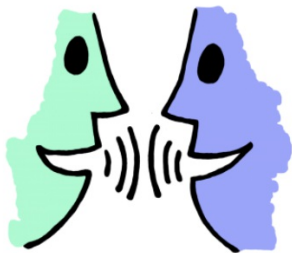
Task: Look at the sheet Ziggy's day. Next to each thing that Ziggy does write how the character is feeling at this time.

If you are on virtual school there is a PDF version of this sheet that you can download. Don't worry if you can't print your child can discuss it with you instead.

Have a look at the feelings you put for each thing that happened in Ziggy's day.

How did his feelings change?

Was there anything that made his feelings change so much?



You can just talk about the answers for these questions.

Have a look at these moments... which ones would give you a good feeling and which ones would give you a not so good feeling?

Non uniform day at school.

Goal scored!

The park is closed.

It's raining.

PE kit is lost.

Pizza for lunch.

Someone says something nasty to someone else.

If you are having a bad day or something happens that makes you feel a feeling that is not so good, there are some ways that you can make yourself feel better.

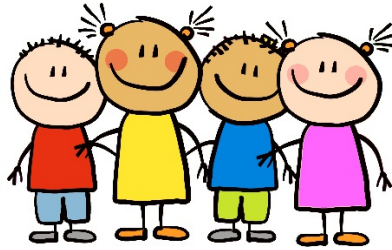
This is all part about looking after our feelings and emotions!



TASK: Read Sammi's blog post. What ways does Sammi suggest so people feel good everyday (or better if something has made you feel not so good)?

PDF download available if you are on virtual school.

Do you have any feel good ways of your own?



Write down your answers or create a ways to feel good mind map!