

Hillstone Lifeskills

Ready for a challenge...

**How many different feelings and emotions
can you think of?**



**You can write them down on any bit of paper
just so you can see how many you have
thought of. I thought of 15 can you beat mine?**

Some feelings and emotions are very similar to others.

See if you can match the feelings in the box to the feeling it is most similar to. You can write these down on paper or just think about it.



Happy

Sad

Scared

Angry

Pleased

upset

satisfied

cross

joyful

delighted

frightened

cheery

furious

heart · broken

This is what I thought. Did you think the same?
Were there any you put somewhere different?

Happy	Sad	Scared	Angry	Pleased
joyful	upset	frightened	cross	satisfied
cheery	heart- broken		furious	delighted

upset	satisfied	cross	joyful
	delighted	frightened	
cheery	furious	heart · broken	

Feelings change all of the time, but sometimes things happen that make our feelings build up and suddenly they become very strong and intense. It is important that we know what we are feeling so that we can talk about it to a trusted adult, like a teacher or family member. This will help us and others manage our feelings when they sometimes build up inside.



There will be some pictures for you to look at next. I want you to think about which feelings words could match each picture. Think about why you are choosing the feelings you can talk to anyone around you for this part.









Feelings can be shown and represented in many different ways. A colour can represent a feeling, or they can be described as a temperature or described as an object.

Look at the feelings below and match each different representation in the box to the feeling you think it suits best.



HAPPY

SCARED

SAD

ANGRY

feeling blue

over the moon

she saw red

tickled pink

shaking like a leaf

walking on sunshine

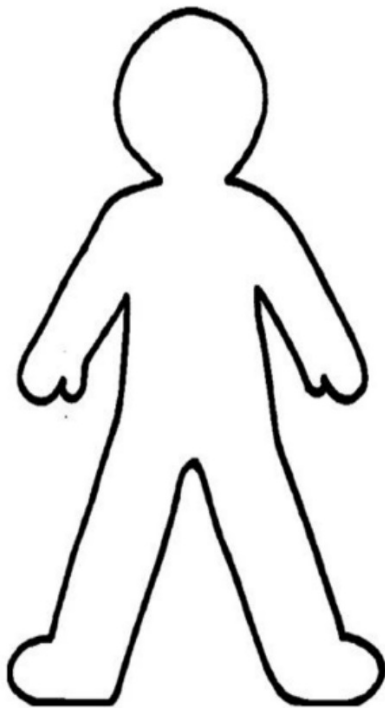
boiling with rage

Feelings can be shown and represented in many different ways. A colour can represent a feeling, or they can be described as a temperature or described as an object.

HAPPY	SCARED	SAD	ANGRY
over the moon	shaking like a leaf	feeling blue	she saw red
walking on sunshine			boiling with rage
tickled pink			



You might have heard of some of these before. Can you see how different feelings can be represented by other things other than just the word.



TASK: Draw an outline of a body. I want you to write the following feelings in the place of your body where you might feel them:

Angry
Sad
Happy
Scared
Worried

Now by that feeling, think about and write next to it:

If it was a colour what would it be?

If it had a shape what would it be?

If it was an image what would it be?

Finding ways to express and show our feelings is important for our health and wellbeing. Think about how you show these feelings:

Happiness

Sadness

Worried

Anger

If we allow a feeling, like anger, to build up inside of us without expressing it, it can cause us to explode in that emotion and sometimes we can show this in not very-nice ways. Like if anger builds up you might end up shouting at someone for no reason.

To finish the lesson think about the following scenarios. How could you express your feelings so that they don't end up exploding in a not very-nice way. You don't have to write anything down, just think or talk about them.

Someone beats you in your favourite sports day race and it's made you really angry.

You have lost your favourite toy and can't find it. You feel really sad.

You have just completed a level on a game that you have been stuck on for ages! You are so happy.



Remember your feel good ways from last week. I bet these could help you in some of these scenarios as well!