

Feelings and Emotions



Every day and throughout the day we all experience different feelings and emotions.

Sometimes its hard to control these emotions and sometimes we can't explain how we are feeling and why?

Sometimes what we do, see, hear, feel and smell can change our emotions.

Some emotions feel positive — like feeling happy. Other emotions can seem more negative — like feeling sad.

We are going to learn other words to describe all different types of emotions.

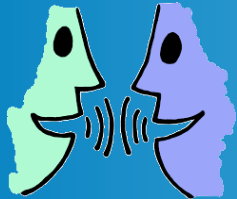


Can you guess the feeling/emotion?



Why do you think it is.....?

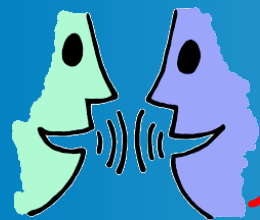
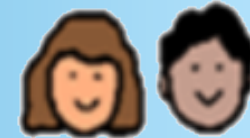
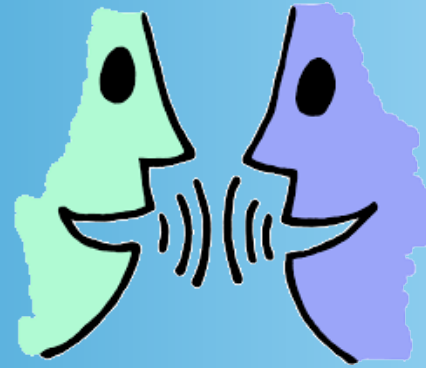
Explain to a friend



I think it is because

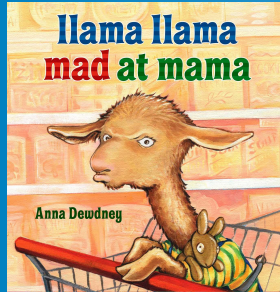
Did you guess correctly?

anger



Sometimes I get angry
when/if

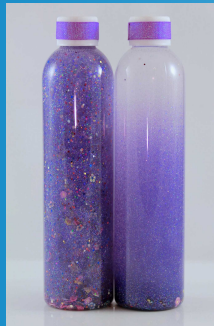
Anger



Rec-Yr 2 - Llama Llama Mad At Mama Story
<https://www.youtube.com/watch?v=oaXfk5QC5rE>

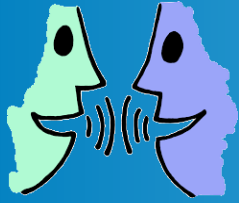


Yr 1 - Yr 2 - Anger explained - simple
<https://www.youtube.com/watch?v=eNSeqQIBv5o>



Optional Extra - Yr 3 - Yr 5 - How to calm.
<https://www.youtube.com/watch?v=lmeSVdKojPM>





What do you do to calm yourself down if you feel angry?



Can you and your class come up with a list of ideas to help calm down if you become angry or cross?



Calming Ideas

Take some
deep breaths



Go for a walk



Listen to music



Speak to a parent or
other adult at home



Speak to a teacher



Watch a film



Say something
positive to yourself



Imagine a calm place
or happy time



Count to ten



Play sport



Go on a bike ride



Cook



Calming Ideas continued...

Have a bath
or shower



Draw a picture



Play with a pet



Speak to a friend



Do a jigsaw puzzle



Go to a quiet place



Read a book



Smile



Look at photos



Daydream



Have a nap



Plan a day out



Oxford Dictionary Defination

 **angry** *adjective*

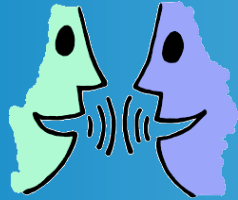
BrE /'æŋɡri/ ; NAmE /'æŋɡri/ 

(angrier, angriest)

You can also use **more angry** and **most angry**.

- 1   having strong feelings about something that you dislike very much or about an unfair situation
- Her behaviour really **made me angry**.
 - Thousands of angry demonstrators filled the square.
 - The comments provoked an angry response from union leaders.
 - **angry with/at somebody** Please don't **be angry** with me. It wasn't my fault.
 - **angry with/at somebody about/for something** I was very angry with myself for making such a stupid mistake.
 - **angry at/about/over something** He felt angry at the injustice of the situation.
 - The passengers grew angry about the delay.

*Tell a friend what
it means if someone
is angry*



*The word angry means ...
To calm down you could...*

