

Feelings and Emotions



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

Sometimes it's 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.

Over the next few months we will be learning about 1 emotion or feeling each week.

You will learn :

What it means and its definition.

What it might look or feel like.

How to describe that feeling to a friend.

You might even learn some ways of how to control or change an emotion.



You will see the emotion or feeling added to a tree in the school hall.

Watch it grow as we learn all about our different emotions each week

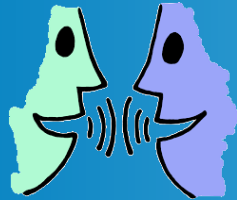


can you guess the feeling/emotion?



why do you think it is.....?

Explain to a friend



I think it is because



Did you guess correctly?

brave/bravery

persevere

resilience

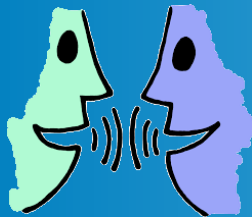
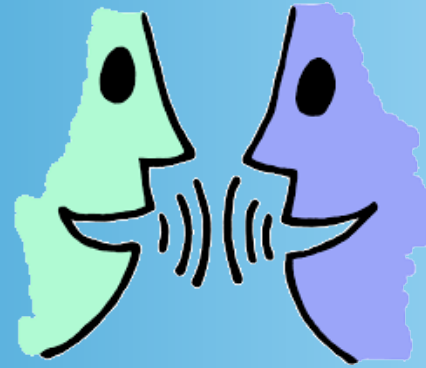
dont give up

<https://www.youtube.com/watch?v=AJQYSN3PPXw>



try and try and try





I felt brave when I

Oxford Dictionary Definition

brave

ADJECTIVE

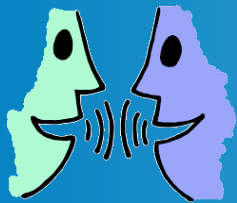
> Ready to face and endure danger or pain; showing courage.

‘a brave soldier’

‘he put up a brave fight before losing’

‘she was very brave about the whole thing’

as plural noun the brave ‘it was a time to remember the brave’



*What does it feel like when
you have to be brave?*

Bravery In Action - Year 5

Herd Farm - September 2019



Bravery in action



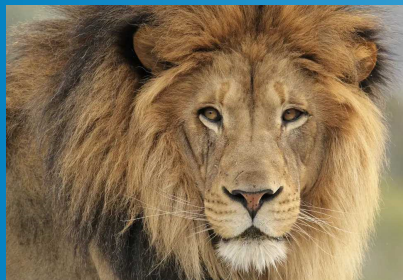
Rec-Yr 2 - Be Brave, Little Penguin Story

<https://www.youtube.com/watch?v=f4TnDma78Oo>



Athelete continues despite painful injury Yr 3-5

<https://www.youtube.com/watch?v=kZIXWp6vFdE>

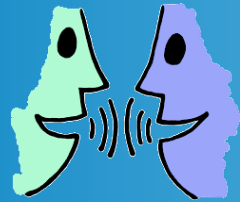


Optional Extra - Lion defending himself against group of hyenas - BBC Dynasties Series

<https://www.youtube.com/watch?v=a5V6gdu5ih8>



Tell a friend what
the word brave means



The word brave means ...

You show bravery by...

An example of bravery is...

