

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.

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.

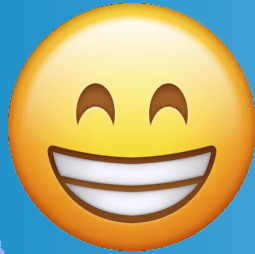
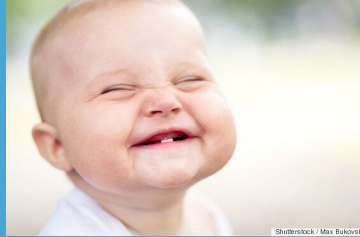
How to describe that feeling to a friend.

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

Remember its completely normal to feel
all different types of emotions!

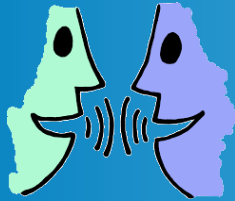


Can you guess the feeling/emotion?



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

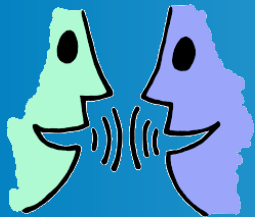
Explain to a friend



I think it is because

Did you guess correctly?

happy/happiness



I feel happy when....

.....makes me happy because....

Oxford Dictionary Definition

happy

adjective

happy adjective (PLEASED)

feeling, showing, or causing pleasure or satisfaction:

a happy marriage/childhood

* She looks so happy.

* School days are said to be the happiest days of your life.

* Nicky seems a lot happier since she met Steve.

* You'll be happy to know that Jean is coming with us.

* I'm perfectly happy to (= I will willingly) help out.

* I'm so happy (that) everything is working out for you.

* Barry seems happy enough working for himself.

* Are you happy about/with (= satisfied with) your new working arrangements?

* Your mother's not going to be very happy when she sees the mess you've made!

Happiness



Rec - Yr 2 - Sesame Street - Happy and You Know It - Song

<https://www.youtube.com/watch?v=5015skRvqs8>



Yr 3 - Yr 5 - Happy Surprise

<https://www.youtube.com/watch?v=P3vlp5Bw4-4>

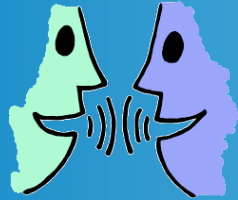


Optional Extra - Yr 2 - Yr 5 - Funny Animal videos to make you smile and laugh

<https://www.youtube.com/watch?v=VB4CCHHYOqY>



Tell a friend what
it means if someone
is happy.



The word happy means ...
You might be able to tell
if someone is happy...

If you see....
Someone without

A SMILE today...

Let them borrow



YOURS!