

Health

# Managing Emotions



## For Middle Primary

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Author: Lisa Craig      Illustrator: Alison Mutton

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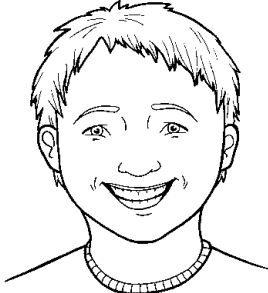


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## Activity

## Different Emotions

- ☐ Look at the faces of these children. How are they feeling? Under each image write the name of the feeling that you think each face is displaying.

<p>①</p>  <p>Feeling:</p>	<p>②</p>  <p>Feeling:</p>
<p>③</p>  <p>Feeling:</p>	<p>④</p>  <p>Feeling:</p>
<p>⑤</p>  <p>Feeling:</p>	<p>⑥</p>  <p>Feeling:</p>
<p>⑦</p>  <p>Feeling:</p>	<p>⑧</p>  <p>Feeling:</p>

- ☐ Share your answers with a classmate. Did you agree on all the feelings? Talk to your partner about when you have felt each emotion.

## Activity

## Emotional Charades

- ☐ Cut out the cards and place them in a pile faced down. In a small group, take turns selecting a card and miming the emotion for your group to guess. Remember that some words are very similar in meaning, e.g. worried/concerned, so you can accept synonyms.



worried	bored	tired
shy	confident	excited
loved	suspicious	shocked
disgusted	embarrassed	impatient
happy	guilty	frightened
innocent	surprised	nervous
hurt	proud	lonely
disappointed	frustrated	curious

## Activity

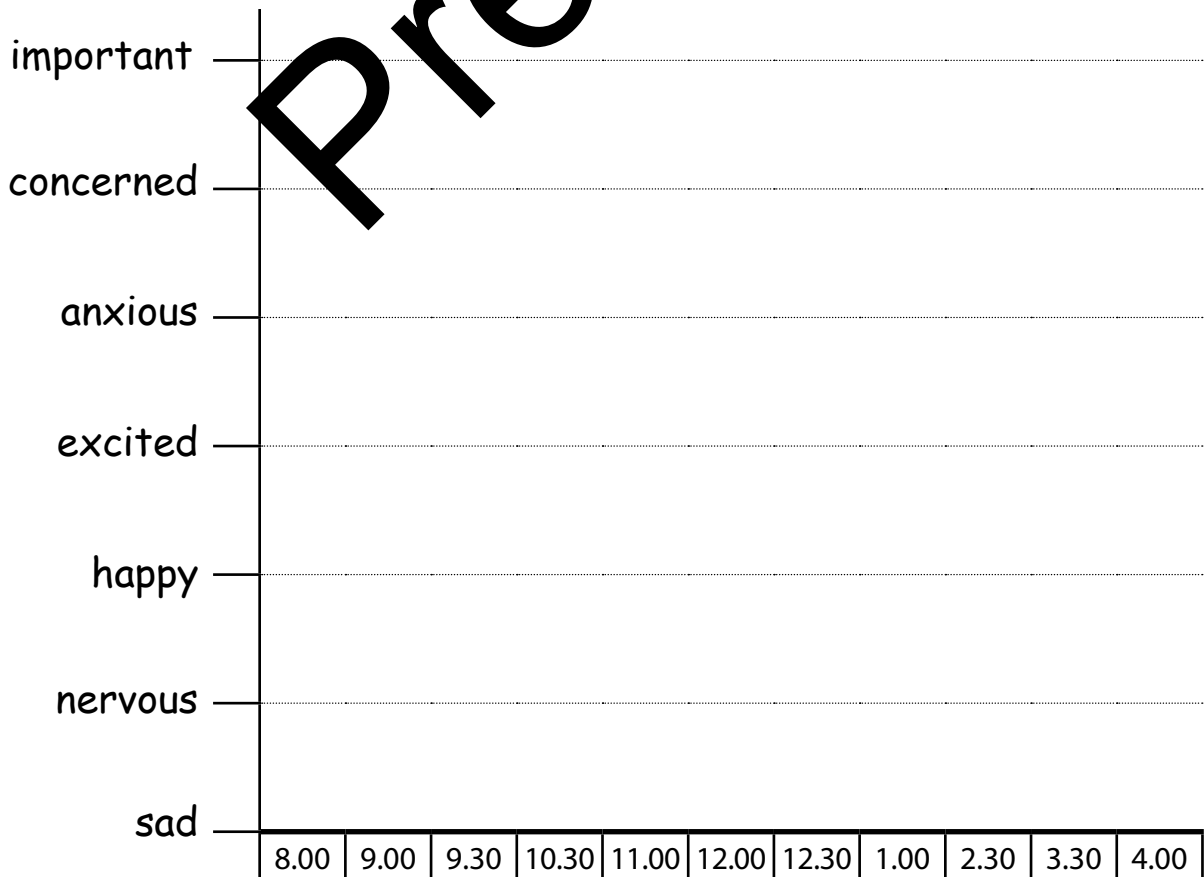
## How Do You Feel?

1. Use the words in bold to describe how you would feel in the specified situations during the course of one day.

**important concerned anxious excited happy nervous sad**

SITUATION	FEELING
8.00 You forgot to give the dog some water.	
9.00 A different teacher is taking your class today.	
9.30 The school bully is walking towards you.	
10.30 A new student asks you to help her find a teacher.	
11.00 A classmate has blamed someone else unfairly.	
12.00 Your classroom is a mess after the Art lesson.	
12.30 You see your little cousin skipping in the playground.	
1.00 You are trying out for the school choir.	
2.30 You've been chosen to recite a poem at assembly.	
3.30 A stranger stops you in the street to talk to you.	
4.00 There's a big package with your name on, on your bed.	

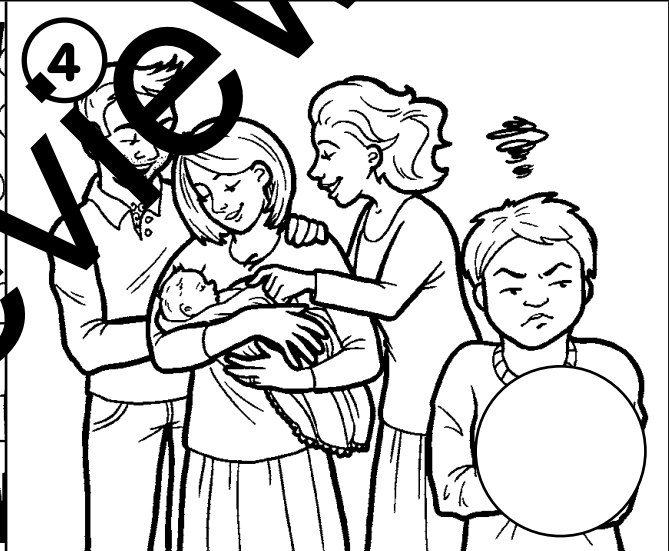
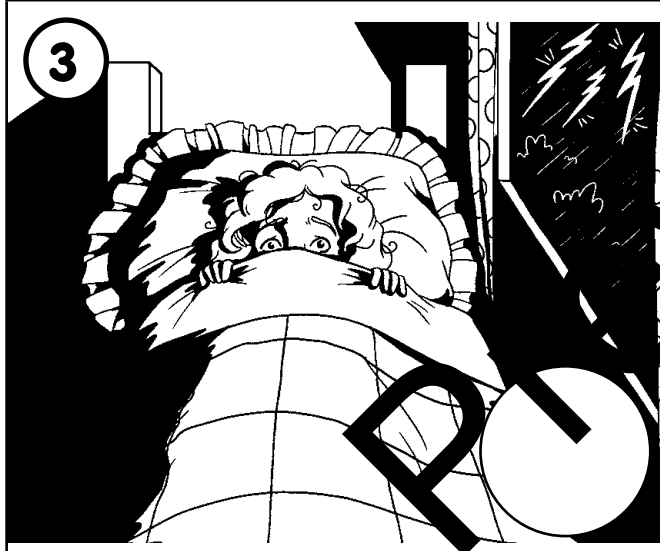
2. Use dots to graph the ups and downs of the day in Question 1. Join the dots using a line.



## Activity

## People Feel Differently

- ☐ Complete the emoticon face for each image to show how each child is feeling. Discuss with a friend what has triggered each emotion.

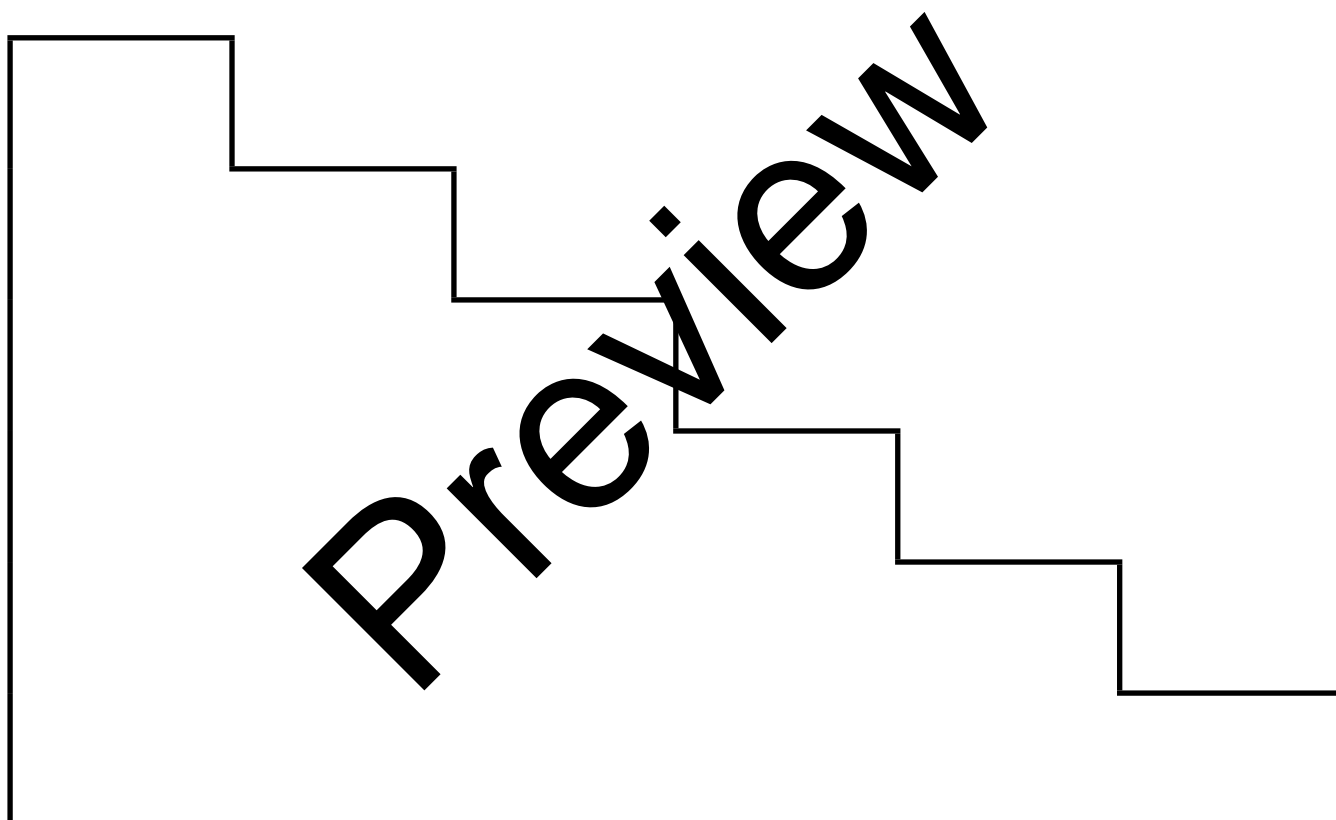


- ☐ Write down what you could say to the children in images 1, 3 and 6 to help them to manage their emotions.

People can feel different levels of one emotion. For example, seven children might feel happy, but one child might only feel a little bit happy and another might feel extraordinarily happy. We can use words to describe these levels of emotions.

- ☐ Look at the steps leading up to the feeling of “being over the moon”. Place the feelings in bold on the steps. As you climb up, the feeling of happiness should become more intense.

**thrilled    satisfied    content    pleased    ecstatic    delighted**



- ☐ Colour the feeling in each group that you think is **the most** intense.

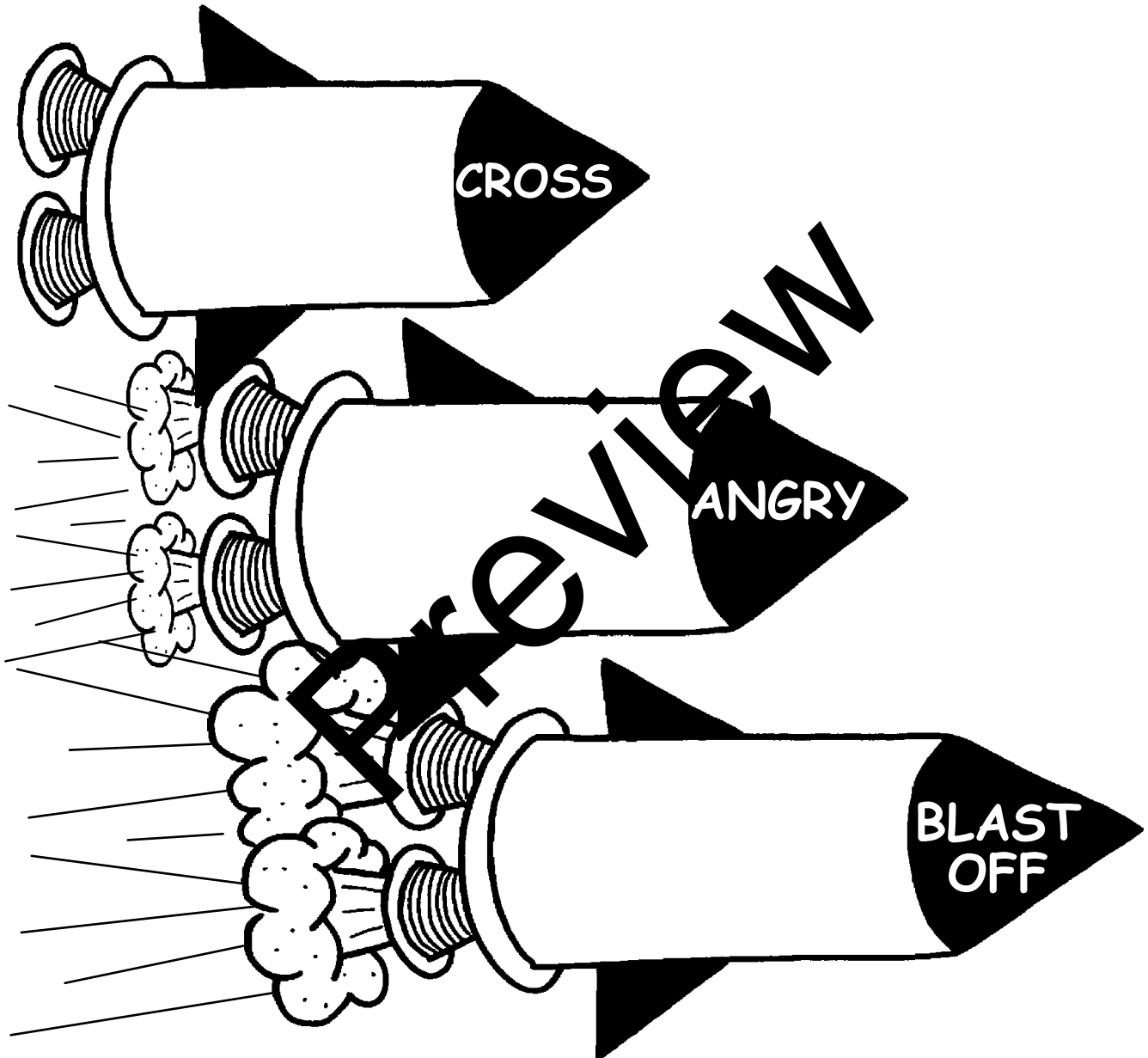
1	pleasant	fine	amazing
2	sad	devastated	upset
3	okay	fabulous	alright
4	concerned	worried	panicked
5	tired	worn-out	exhausted
6	annoyed	furious	bothered

## Activity

## Feeling Angry

Sometimes emotions can take you by surprise. One minute you're calm and the next, your angry feelings can make you "blast off".

- ☐ Fill up the rockets with words to describe how your body tells you that you might be going to lose your temper. You can choose from the words below or add your own.



a sudden headache  
start to perspire  
raise your voice  
feel hot  
get flushed cheeks

heart thumps  
unable to speak  
begin to shake  
tummy churns  
clench your jaw

have a dry mouth  
get a shiver  
feel dizzy  
muscles feel tense  
clench your fists



- ☐ Fill out the bubbles with your thoughts.

**Things that make  
me feel sad:**

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**Words that  
describe being sad:**

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**Who I can talk to  
when I'm feeling sad:**

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**What I do when  
I'm feeling sad:**

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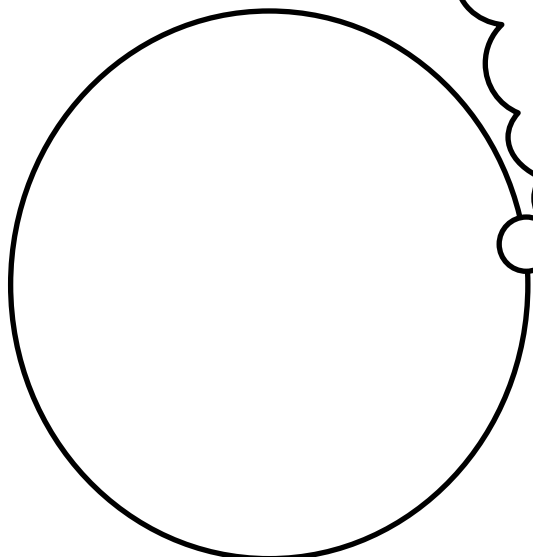
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**What I can do to stop  
myself feeling sad:**

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**This is me  
when I'm  
feeling sad.**



## Answers

### Page 3

- 1) embarrassed
- 2) bored
- 3) furious/angry
- 4) anxious/worried
- 5) sad
- 6) happy/content
- 7) scared
- 8) disappointed

### Page 5

- 8.00am: concerned  
9.00am: excited, nervous, anxious  
9.30am: nervous, anxious, sad  
10.30am: important, happy  
11.00am: sad, anxious  
12.00pm: concerned  
12.30pm: happy  
1.00pm: excited, nervous  
2.30pm: important, excited, nervous  
3.30pm: anxious  
4.00pm: excited, happy

### Page 6

- 1) lonely 2) proud/happy 3) frightened 4) jealous 5) disappointed/sad 6) worried

### Page 7

content; satisfied; pleased; delighted; thrilled; ecstatic

Answers may vary depending on children's associations with each word:

- 1) amazing 2) devastated 3) fabulous 4) panicked 5) exhausted 6) furious

### Page 8

Cross – feel hot, get a shiver, raise your voice.

Angry – a sudden headache, get flushed cheeks, start to perspire, have a dry mouth, tummy churns, muscles feel tense.

Blast off - clench your jaw, raise your voice, heart thumps, unable to speak, begin to shake, feel dizzy, clench your fists.

### Page 9

This task asks children to identify situations that make them feel sad and asks them to think about how they bounce back from this emotion. Ask children to share who they can talk to when they are feeling sad, which is a crucial step in dealing with this emotion. Being inactive, not sleeping and altering routines can heighten the sadness.