PSHE – How am I feeling? 12.1.21

**Can you identify your feelings?**

Think of different occasions when you have felt a really strong emotion.

Maybe when you had to talk in assembly in front of the whole school. Or when you were on the winning team in a football match. Perhaps your feelings were hurt by a friend.

Fill in the boxes below. An example has been done for you.

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| How did you know they were feeling like that? | | | | | |
| Name the feeling | What was their face showing | What were they thinking? | What was their body doing on the inside? | What did they want to do? | What was their body doing on the outside? |
| **Example**  distressed | Eyes down, lips closed | I’m not happy here. I need to go. | heart beating really fast, feeling hot and cold | Run away | Red face  goose pimples |
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