



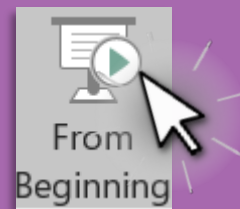
Parents: read our helpful guidance before you start

Before you start

Mental health and emotional wellbeing
KS2 (Y3-4)

Home learning lesson: Expressing feelings

To start, play this slideshow from beginning





Y3-4 home learning: Expressing feelings



We are learning about expressing feelings



We will be able to:

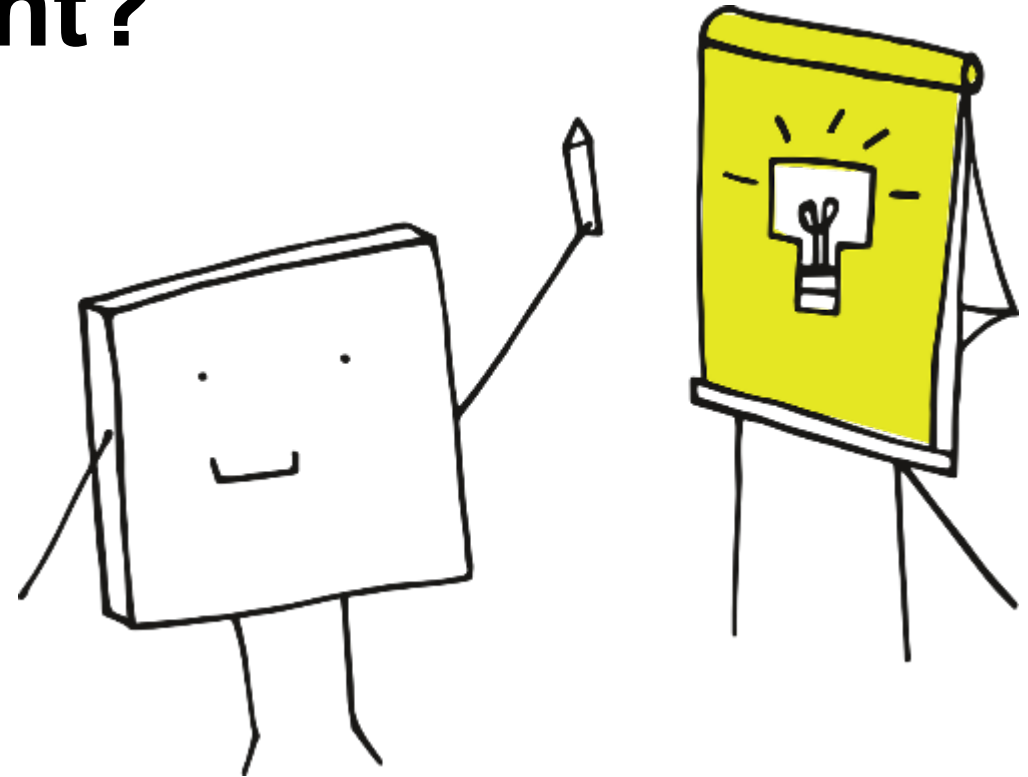
- ✓ name a range of feelings and emotions
- ✓ match feelings to a scale of intensity and identify strong feelings
- ✓ describe different feelings and how they are experienced in the body
- ✓ recognise why it is important for people to express their feelings



Expressing feelings: What's our starting point?

Make a 'feelings' graffiti board.

On a piece of paper, jot down all of the words you can think of to describe feelings and emotions.





Feelings thermometers

Read the words from the **Feelings match up** sheet (**Resource 1** in your worksheet pack)

- Find the root words first.
- Now match the similar feelings words together
- Then organise them in order of intensity

Which is the biggest feeling?

- Write it down on a piece of paper like this example.

Pleased is the root word and overjoyed is the biggest, strongest or most intense feeling.

overjoyed



delighted



satisfied

pleased

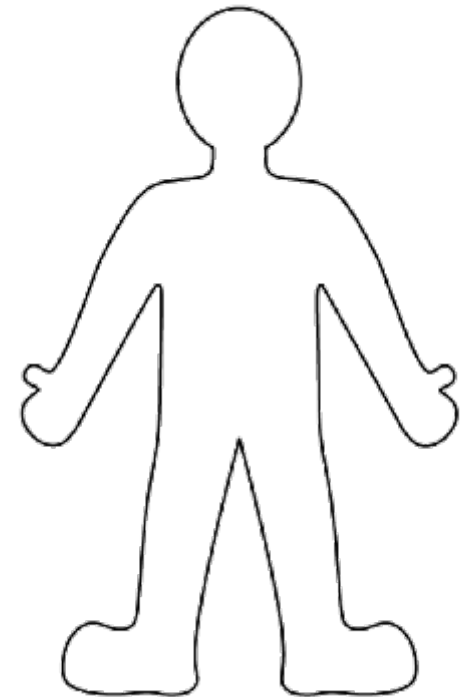
Expressing feelings



Choose one of the words that describes a ‘big’ feeling from your lists.

Now draw or write on the **Body outline** sheet (**Resource 2** in your pack).

- Where in the body might someone have that feeling?
- If the feeling had a colour, what would it be?
- If it had a shape, what would it be?
- If it had a texture, what would it be?
- If the feeling had a sound, what would it be?
- If the feeling were an image or a picture, what would it be?





Feelings imagery

Thinking of images can help us describe strong or intense feelings.



What feelings do these images make you think of?



Writing about feelings

Write a sentence to match each picture and describe the feeling you think it best represents.



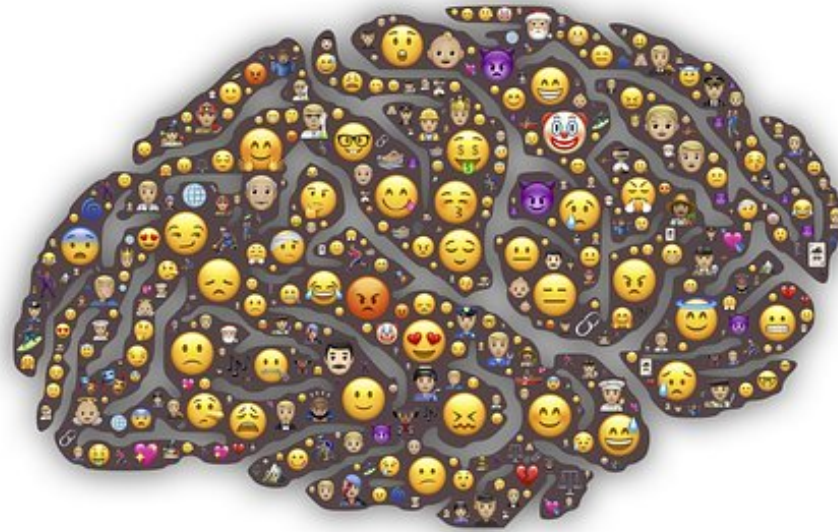
For example: Like a little cat, outside and lost in a snowstorm, she felt lonely and afraid.



Why is it important to express feelings?



Expressing our different feelings helps us to recognise and manage them.



Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.

It helps us recognise when we might need help with our feelings.

Sometimes it is good for others to know how we are feeling — it helps them to help us.

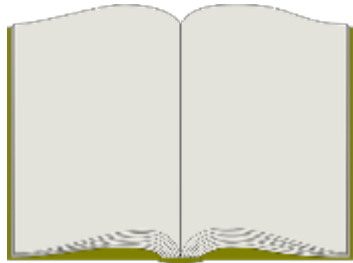


Ways to express feelings

What are some of the different ways people can express their feelings?



writing – diaries,
poems, stories,
blogs



art – drawing, painting,
collage



talking to others



face and body



music



acting, dancing
and singing

Remember!

Expressing our feelings is important — it helps our minds stay well. There are many ways you can do this but talking to an adult you trust is one of the best ways.



**Talk to a trusted adult at home
or at school**

**ChildLine: www.childline.org.uk
0800 1111**

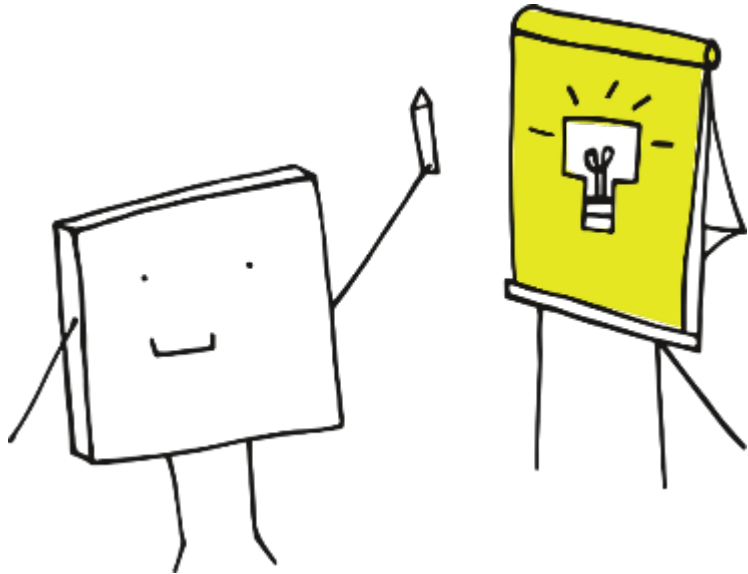
If you are worried about any feeling, always talk to a trusted adult about it.

If you want to talk to someone other than a parent or teacher, ChildLine can help. See:

<https://www.childline.org.uk/get-support/> or phone 0800 1111



Expressing feelings: Where are you now?



Go back to the ‘graffiti board?’ activity you did at the start.

Have you learned any new words or ways to describe feelings and emotions?

Add them to your graffiti board using a different coloured pen or pencil.



Additional activity

Produce a piece of artwork (a painting or collage) or descriptive writing (a poem or the beginning of a story) about feelings.

