



Parents: read
our helpful
guidance before
you start

Before you
start

Mental health and emotional wellbeing
KS1

Home learning lesson: We all have feelings

To start, play this slideshow from
beginning





Y1-2 home learning: We all have feelings



We are learning that we all have feelings



We will be able to:

- ✓ recognise different feelings in ourselves and others
- ✓ identify that people can feel differently about things and situations
- ✓ explain who can help us with our feelings

We all have feelings:

What's our starting point?

Meet Maz. Maz is an alien.

Maz is visiting earth to discover more about humans. Today Maz wants to learn all about feelings.

If you were telling Maz all about feelings, what would you say and talk about?



Naming and recognising feelings

Read the words from the **Feelings vocabulary cards (Resource 1** in your pack). Choose some of words to think about.

- Where in his body might Maz experience this feeling?
- What might happen to his face when he feels it?
- What might happen to his body when he feels it?

Look in a mirror and act out the feeling as if you are showing Maz.



What are they feeling?



Help the characters identify their feelings. There are 5 stories to read.

1. Read Mia's story.

What different feelings might she be experiencing?

Mia's dad works in another country. Tonight she will get to video call her dad for the first time in ages.

- Her tummy is tingling
- She can't keep still and jumps around a lot
- Her voice is very loud



Feeling:.....**excited**.....

What are they feeling?



2. Read Jade's story.

What different feelings might she be experiencing?

Jade's favourite song is playing on the radio

- She smiles
- Her body is relaxed and calm
- She laughs at her little brother's dancing



happy or joyful

Feeling:.....

What are they feeling?



3. Read Carlo's story.

What different feelings might he be experiencing?

Carlos has got his best score ever on this week's spelling test. He knows he's getting better and is pleased that he practised.

- He stands up tall
- His body is calm
- He smiles and laughs



Feeling: **confident or proud**

What are they feeling?



4. Read Mo's story.

What different feelings might she be experiencing?

Mo sees an image on her screen that someone she doesn't know sent her.

- Her arms and legs are shaking
- She finds it hard to breathe
- Her body goes cold



Feeling:..... **scared or worried**

What are they feeling?



5. Read Amir's story.

What different feelings might he be experiencing?

Amir has heard that his best friend might be moving to a new school.

- His tummy aches
- He keeps crying
- He wants to be left alone



Feeling: **sad or worried**.....

Sharing feelings

Sharing how we feel can help us with our feelings.

Who might need help with their feelings?



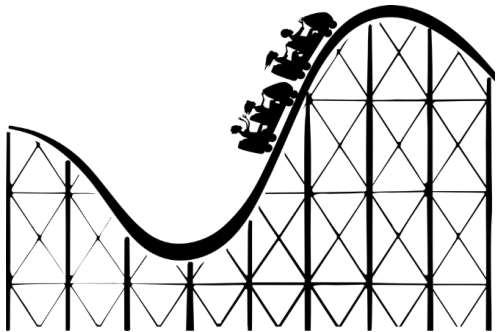
- Mia** ✓ Mia might get over-excited and not be able to calm down. Her mum might need to help her.
- Jade** ✓ Jade is really happy now, but most people are not happy all the time.
- Carlos** ✓ Carlos will probably want to share that he is feeling proud with someone else. He thinks his Granny will also be proud of him.
- Mo** ✓ It is really important that Mo tells an adult she trusts what has happened and how she feels so they can help.
- Amir** ✓ It's ok to be sad sometimes, but Amir should talk about the sad feelings with someone else to help him feel better.

How things make us feel



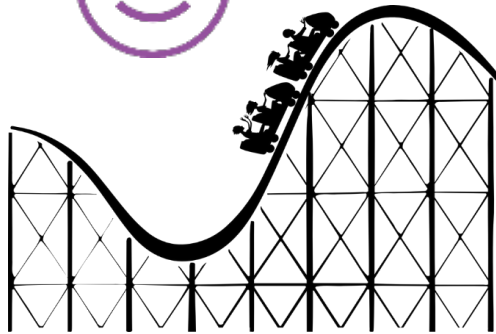
We all feel differently about different things.

How might Maz feel about these things?



Is it a **good** or **not so good** feeling?

How Maz feels about ...



Who or what could help

Maz feel better?



Maz has never seen rain before! He is **nervous** to go outside in the rain for the first time.



Maz is **afraid** of dogs and cats. He thinks they all look very scary.



Maz is **embarrassed** to go to the party —he thinks his dancing is terrible!

How do you feel about ...



rain



fireworks



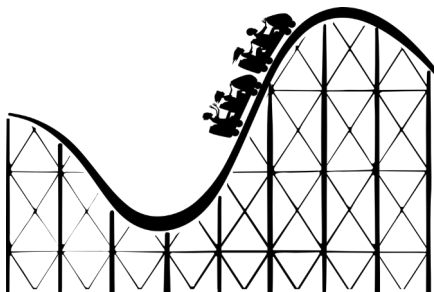
dogs and cats



the dark



roller-coasters



parties



falling out with a friend



spiders



Who or what could help you with your feelings?

We all have feelings

Well done on completing the activities!

Go back to the 'What's your starting point?' activity

Do you remember that Maz wanted to find out about feelings?

- Is there anything else that you would like to tell Maz?
- Is there anything you would like to add?
- Is there anything that you would like to change?



More activities

Interview a grown-up at home.

Choose three things from slide 15, ask if it makes them feel good, or not so good, and what positive things they might do to help them with their feelings .

