

Friday 5th February, 2021 Making a feelings box

L.O. express our emotions and find practical ways to care for our well-being

S.C. reflect on my feelings since lockdown

Develop critical thinking skills

Promote collaboration skills

What feelings do we have?

Think about then feelings you have. Some will be positive feelings and some will be negative feelings.

Use these emojis to see if you can recognise feelings in yourself.



Happy



sad



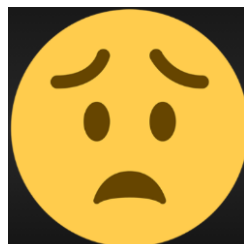
scared



excited



Calm



worried



angry



tired

Sometimes we can control our feelings easily and change the way we feel.

Sometimes we need more time and something to help us

One good idea is to make a feelings box. Watch the video to get an idea about what you may put inside the box.

[Mental health: Five creative self-care ideas | Newsround | CBBC - YouTube](#)

You may feel different or new feelings at the moment, with all the different things we are experiencing; not seeing our family or friends, having to stay indoors, not being able to play sports, no animal parks or shops open etc.

Always talk to an adult when you have different or strong feelings. They will be able to help you feel better.

Try drawing, walking, helping at home, reading a favourite story and other calming activities.

