

Matching Feelings and Behaviours

L.O. understand how to manage our feelings and emotions in different situations

S.C. know how feelings and emotions can affect our actions and behaviour

Find ways to cope with our feelings in different situations

Explain why it is important to talk about our feelings

Know who we can talk to for help with our feelings

Look at the feelings at the top of the table.

Type the actions that are written under the table into the correct 'feeling' column. Can you add some more?

surprise	anger	sadness	excitement	fear	disappointment

jump up and down

shout at someone

scream

shake head

punch

cry

hug someone

kick something

hit something

say something bad

smile

hide

be quiet

back away

stamp feet

face goes red