

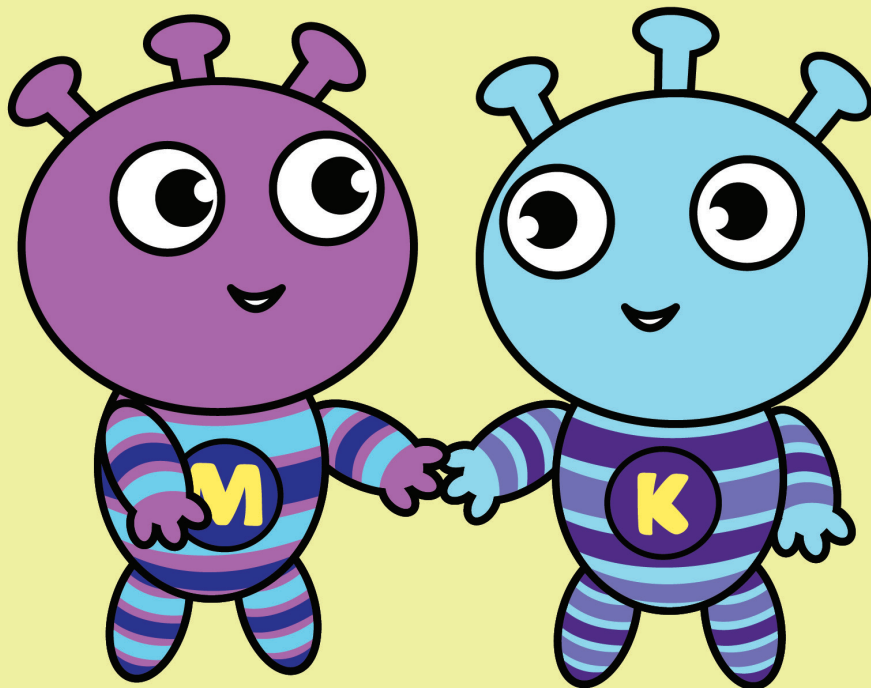


WELCOME TO WELL-BEING



BOOK C: FEELING GOOD WITH MO AND KO!

TEACHER RESOURCE BOOK



***GS Edition**

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Lesson 3: We can express our feelings

Background Information

Children explore what it means to express their feelings and discuss helpful and unhelpful ways to do so. They are encouraged to express their feelings in helpful ways such as using their words, physical exercise and drawing. They are also introduced to the **Name it to tame it** technique. By naming their feelings, this can help to decrease their intensity (Cresswell et al., 2007).

SPHE Strand: Myself

Strand Unit: Self identity – Making decisions

The child should be enabled to:

- recognise and reflect on choices that are made everyday

Strand Unit: Taking care of my body – Knowing about my body

The child should be enabled to:

- realise that each individual must take some responsibility for self-care

Strand Unit: Growing and changing – As I grow I change

The child should be enabled to:

- realise that growing up brings increased responsibility for himself/herself and others

Strand Unit: Growing and changing – Feelings and emotions

The child should be enabled to:

- realise and explore the various ways feelings can be expressed and dealt with and choose which are the most appropriate and helpful
- become aware of and be able to choose healthy ways of feeling good about himself/herself
- recognise that individual actions can affect the feelings of others

SPHE Strand: Myself and others

Strand Unit: My friends and other people

The child should be enabled to:

- know how to treat people with dignity and respect

Strand Unit: Relating to others

The child should be enabled to:

- express and record experiences, opinions, feelings and emotions in a variety of ways



Learning Outcomes

Children should be able to:

1. Explore what it means to express our feelings
2. Discuss helpful and unhelpful ways to express feelings
3. Learn that all feelings are OK, but it's not OK to hurt anyone else because of our feelings

Introduction

- **Body scan** (optional). Script can be found on page 24
- Read the poem **If my feelings** and allow the children to repeat and recite it along with you. Explain that they might have heard it before

Development

- Show and discuss the PowerPoint slides
- Discuss Mo and Ko's challenge - to express your feelings in helpful ways every day - use **Name it to tame it** too
- Explain the activities in the Pupil Book and allow the children time to complete them

Conclusion

Read the poem **If my feelings** again and discuss it with the children. Ask them to say it with their family at home.

Homework Activity

Pupil Book, page 9: The parent/guardian/carer should read the poem with their child. They should also support them with this lesson's challenge and the self-assessment traffic lights if they choose to.

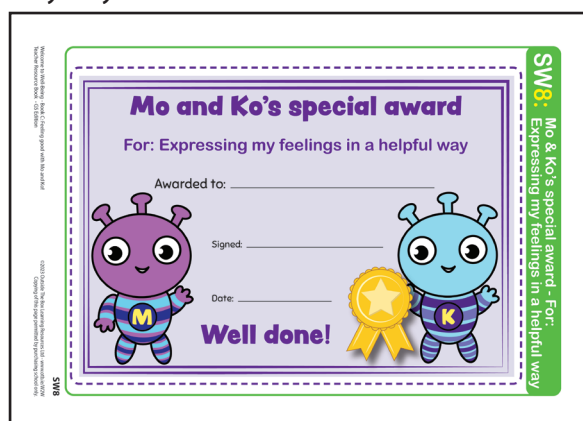
Suggested Supplementary Activities

- SW8, page 79 – **Mo and Ko's special award - For: Expressing my feelings in a helpful way** - Present the certificate to children who express their feelings in a helpful way during this lesson and from now on
- Recite the poem **If my feelings** with the children at regular intervals during the lesson
- Display and discuss the Classroom Poster (CP3, page 103) of Mo and Ko's challenge and talk about it every day

If my feelings

If my feelings
are wild and strong,
I can tame them
before too long.

If I name them
and breathe so slow,
I'll feel calmer
and let them go.



**LESSON 3 POWERPOINT**

Lesson 3 PowerPoint is available to download on the digital companion page for this book on: www.otb.ie/w2w-1c-gs

The script for this PowerPoint for Lesson 3 is visible on-screen in Presentation Mode when you download the PP file. For convenience, a printed version of the script is also available on page 36.

Slide 23 Lesson 3: We can express our feelings

www.otb.ie/W2W

Slide 24 We can express our feelings

www.otb.ie/W2W

Slide 25 We can express our feelings

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Slide 26 Name it to tame it

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Slide 27 We can express our feelings

www.otb.ie/W2W

Slide 28 Mo and Ko's challenge

www.otb.ie/W2W

Slide 29 Look and listen

www.otb.ie/W2W

Slide 30 Pupil book time

www.otb.ie/W2W



Lesson 3: We can express feelings - PowerPoint Script

(this is also visible on screen in presenter mode)

23. Mo, Ko and Bo-Bo are back to help us to be our best selves and to feel happy, kind, strong, brave, loving and well. How did you do in the challenge? Did you use your words to name your feelings? Did it help you to feel a little bit better? In this lesson, Mo and Ko want us to know lots of ways to express our feelings. What do you think that means?
24. When we express our feelings it means that we let them out and show them instead of keeping them inside ourselves. It feels good to express how we feel, especially with our big feelings. Ko expressed her worry when she lost Bo-Bo by crying and talking to Mo. Mo expressed his anger to Ko, when Ko wouldn't share her treats, by using his words. When did you express your feelings? What did you do? How did it feel to express them?
25. Can you name some helpful ways to express our feelings? You could – use your words, exercise, draw, listen to music or cry.
26. When we use our words to name how we are feeling, especially if it is a big feeling, it can help us to 'tame' the feeling and then it will feel less wild and strong. So even if you say to yourself 'I'm feeling worried' it can help that feeling of worry to get a little smaller. **Name it to tame it!**
27. There are helpful and unhelpful ways to express our big feelings. It's not helpful to hurt others or ourselves when we are expressing our feelings. Can you think of a time when you used an unhelpful way to express your emotions? Mo pushed Ko once because he was very angry. That was not helpful at all and Ko was very upset and angry too. She used her words and Mo said sorry and after a while, they both felt a bit better.
28. In this lesson, Mo and Ko challenge you to express your feelings in helpful ways every day. Use **Name it to tame it** too.
29. Strike your best robot pose in this catchy **Calm it Down** song and dance. Dance and sing along with these children as they stop and name their feelings to help them calm down. **Name it to tame it!** (2:05) www.otb.ie/w2w-calm-it-down
30. Now it's time for our Pupil Books. On page 7, tick the ways that you like to express your big feelings. Then on page 8, draw a time when you expressed your feelings in a helpful way and a time when you expressed them in an unhelpful way.

Lesson 3: We can express our feelings

1 Express
Add two other ways that you like to express your big feelings below and then tick your favourite four.

☐ Name it to tame it	☐ Listen to music
☐ Talk to someone	☐ Cry
☐ Draw	☐
☐ Exercise	☐

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Lesson 3: We can express our feelings

2 Helpful/Unhelpful
Draw a time when you expressed your feelings in a helpful way and a time when you expressed them in an unhelpful way.

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