

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

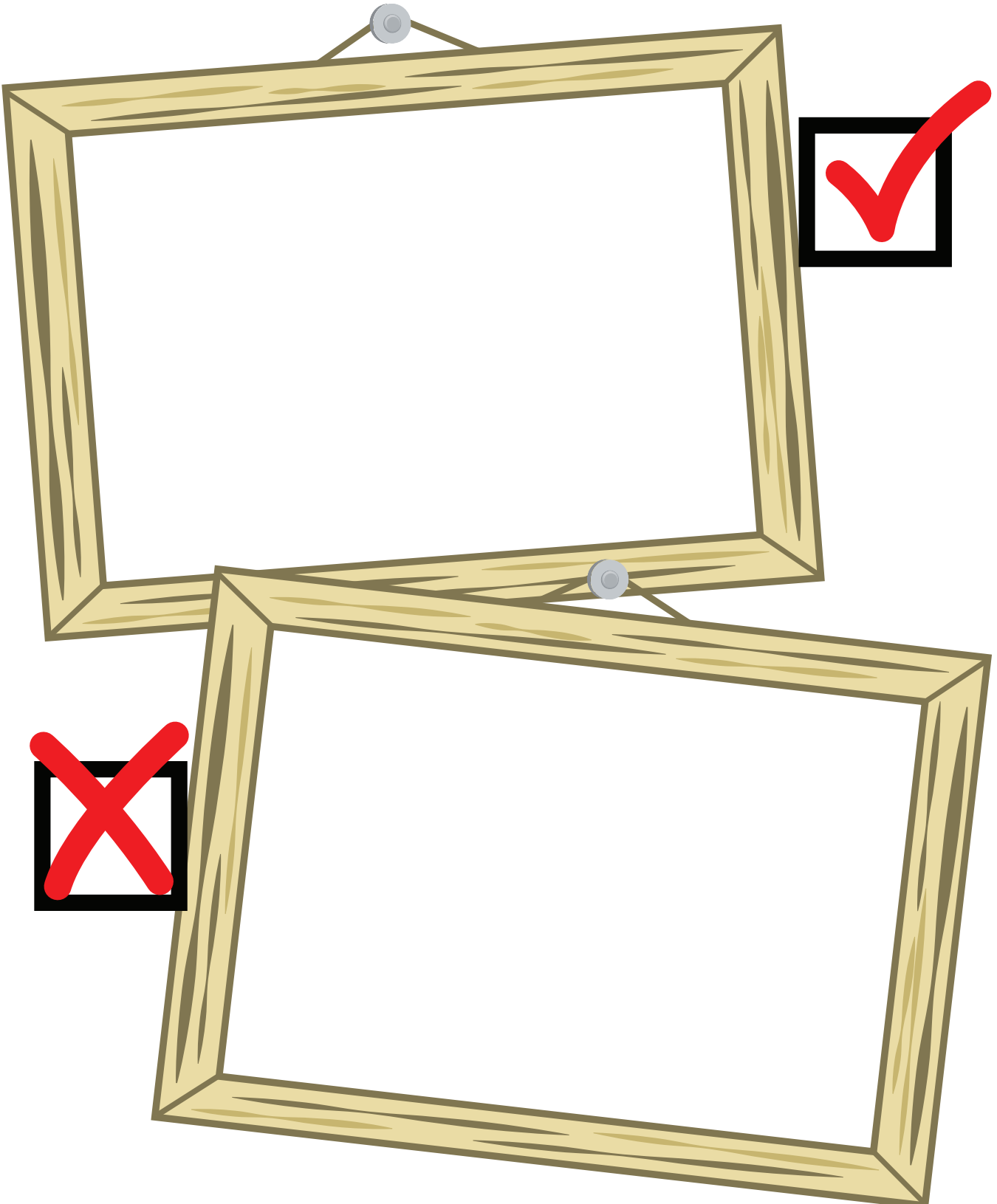
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2

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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3

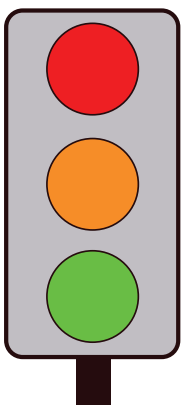
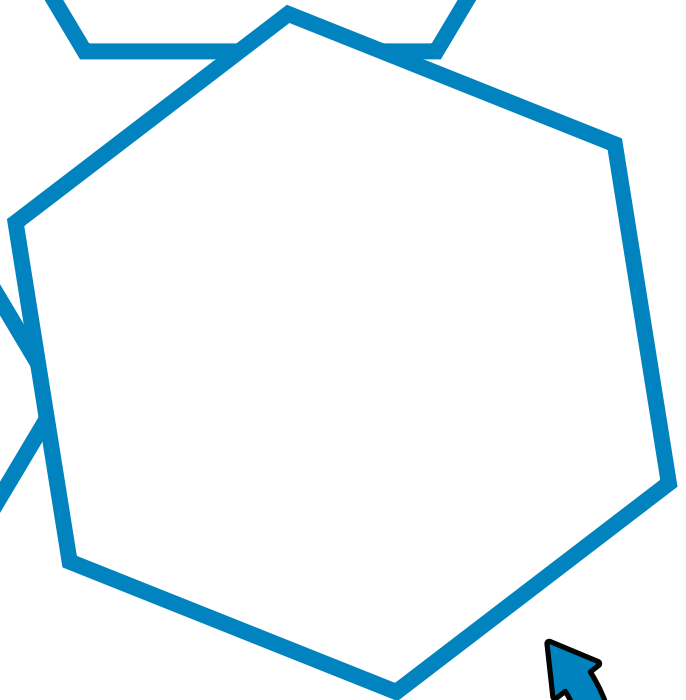
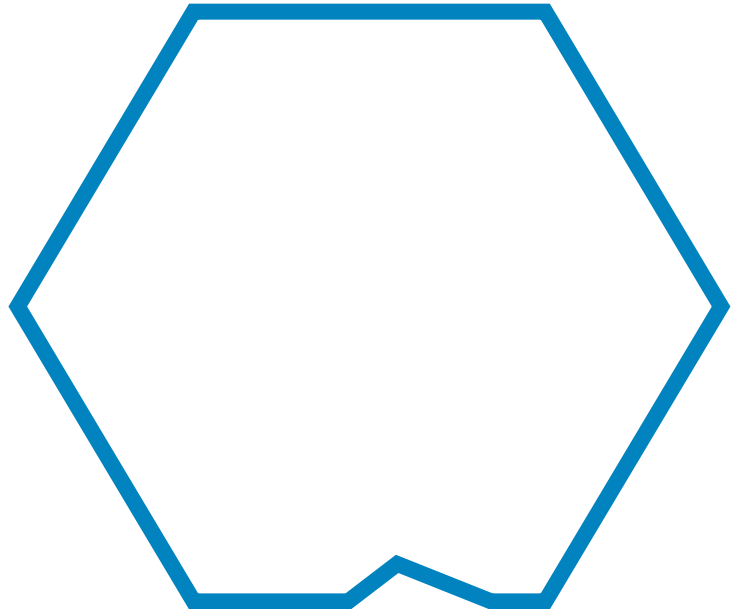
Homework

Read the poem 'If my feelings' with your family during this lesson. You might remember learning it before.

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.



Don't forget Mo and Ko's Challenge for this lesson - to express your feelings in helpful ways every day. Show how you did on the Traffic Lights.

Draw three ways that you expressed your feelings in a helpful way recently.

Signature/Comment of Parent/Guardian/Carer