

Exploring Our Feelings with Pip and Friends

Learning objective: To identify and describe a range of complex feelings and understand how to manage them positively.

Use these flashcards to test your knowledge about emotions. Read the front of the card, think about the answer, then flip it to check if you are right!

What does it mean to feel 'content'? Feeling peaceful, satisfied, and happy with how things are right now.	Pip the caterpillar feels 'anxious' before a big change. What does this mean? Feeling worried, nervous, or uneasy about something that might happen.
If Max the monkey is 'frustrated', what might he be feeling? Feeling annoyed or upset because he cannot change something or achieve a goal as quickly as he wants.	What is 'empathy'? The ability to understand and share the feelings of another person.
Nova the owl is 'resilient'. What does this character trait mean? The ability to bounce back or recover quickly from difficulties or setbacks.	What does it mean to feel 'overwhelmed'? Feeling like you have too much to deal with and that you cannot cope with everything at once.
What is an 'emotional regulation' strategy? A way to help yourself calm down or change your mood, such as taking deep breaths or counting to ten.	Leo the lion is 'optimistic' about the future. What does this mean? Being hopeful and confident about the future and looking for the best in a situation.
Why is it important to seek 'support' when you have big feelings? Because talking to a trusted adult or friend can help you process your emotions and feel less alone.	Name a physical sign that someone might be feeling angry. Clenched fists, hot face, fast heartbeat, or tensed muscles.
True or False: All feelings, even the uncomfortable ones, are normal. True. Everyone experiences a wide range of emotions every day.	What is a positive way to express that you feel sad? Writing it down, drawing a picture of it, or using your words to tell someone you trust.