

My Feelings Diary: A Week with Pip

Learning objective: To identify and describe a range of feelings and understand how different situations and events can affect how we feel.

Pip the bookworm caterpillar has had a busy week! Use this diary template to reflect on your own feelings. Think about a moment this week when you felt a strong emotion, describe what happened, and explain how you managed your reaction. Remember to use the word bank to help describe your feelings accurately.

Word bank: frustrated · content · anxious · elated · calm · confused · proud · overwhelmed · determined

1. The Situation: Briefly describe an event or moment from this week that made you feel a specific emotion. (2 marks)

2. Naming the Feeling: Which feeling from the word bank best describes your emotion? Why did you feel this way? (2 marks)

3. Physical Signs: How did your body feel during this moment? (e.g., did your heart race, did you feel butterflies, or did you feel relaxed?) (2 marks)

4. Positive Action: What did you do to manage this feeling? If it was a difficult feeling, how did you help yourself feel better? (3 marks)

5. Looking Forward: If you experienced this situation again, what is one thing you might do differently or the same next time? (2 marks)

Extension challenge: Imagine Pip the caterpillar is feeling nervous about starting a new project. Write a short piece of advice for Pip, using what you have learned about managing feelings to help him feel brave.