

The Feelings Compass with Leo the Lion

Learning objective: To identify, name, and understand a range of complex feelings and develop strategies for emotional regulation.

Leo the Lion is helping his friends navigate their feelings. Look at the scenarios below and match the situation to the most likely emotion from the word bank. Then, for each, suggest one 'Calm-Down Strategy' that Leo could use to feel balanced again.

Word bank: Frustrated · Apprehensive · Proud · Overwhelmed · Content · Jealous

1. 1. Leo has been practising a new poem all week. He stands in front of his friends and recites it perfectly. How does he feel? Name the emotion and suggest a way to celebrate it. (2 marks)

2. 2. Max is trying to build a tower of blocks, but it keeps falling down. He throws his hands up and sighs loudly. Which word describes Max's feeling? Suggest one thing he could do to reset. (2 marks)

3. 3. Tomorrow is the first day of a new school term and Nova has a funny, fluttery feeling in her tummy because she isn't sure what to expect. What is she feeling? Suggest a way she can prepare. (2 marks)

4. 4. Bea has so many tasks to finish—cleaning the hive, counting the nectar, and teaching the younger bees—that she feels like she might freeze. What word describes this? Suggest one way to make her to-do list manageable. (2 marks)

5. 5. Pip is sitting in the sun, reading a favourite book with a cup of tea, feeling peaceful and happy with life. Which emotion is this? Why is it important to have these quiet moments? (2 marks)

Draw: Draw a 'Feelings Map'. In the centre, draw a mirror. Around the mirror, draw four different faces showing four different emotions. Colour the background of each emotion a colour that you think matches how that feeling 'looks' (e.g., blue for calm, red for anger).



Extension challenge: Write a short poem in the style of Leo the Lion about a time you felt a big emotion. Describe how your body felt (e.g., hot cheeks, shaky hands) and what you did to feel calm again.