

Exploring Our Feelings with Max and Zara

Learning objective: To identify and describe a range of feelings and explain how they influence our actions and well-being.

Read the opening passage below. Use the questions to help you write a short reflection about a time you experienced a strong emotion. Use the word bank to help you describe your feelings clearly.

Max the monkey was feeling incredibly excited about the upcoming school sports day, but he also felt a little bit nervous about the relay race.

Word bank: overwhelmed · calm · frustrated · courageous · on the other hand · consequently · in addition · nevertheless · because · unexpectedly

1. Identify a specific emotion you have felt recently. What was the situation, and how did it make your body feel? (2 marks)

2. Explain why you think you felt that way. Was it because of something that happened, or was it an unexpected feeling? (2 marks)

3. Zara the zebra suggests that art can help us express feelings. How did you react to the situation? Did you take any actions to help yourself feel better? (3 marks)

4. If you could give advice to a friend who was feeling the same way, what would you say to them? (2 marks)

5. Reflect on how your feelings changed over time. Are you still feeling that way now, or has your mood shifted? (2 marks)

Extension challenge: Write a short poem or a 'feelings map' where you draw colours to represent different emotions you have experienced this week and explain why you chose those specific colours.