

Understanding Our Feelings with Max and Leo

Learning objective: To identify, name, and manage a range of complex feelings, and understand how emotions can affect our behavior and wellbeing.

Read each question carefully and think about how you would react in these situations. Use the word bank to help you describe your emotions.

Word bank: Frustrated · Anxious · Content · Overwhelmed · Confident · Surprised · Embarrassed · Resilient

1. Max is trying to solve a very difficult math puzzle but keeps getting the wrong answer. He feels his face getting hot and he wants to throw his pencil. Which word from the bank best describes how Max is feeling, and what is one calm thing he could do to feel better? (2 marks)

2. Leo the lion has been asked to read his poetry in front of the whole class. He feels butterflies in his tummy and his paws are shaking. Is this a normal feeling? Explain why someone might feel this way before a big task. (2 marks)

3. Describe a time when you felt 'content'. What were you doing, and how did your body feel in that moment? (2 marks)

4. Sometimes, feelings can be 'big' and hard to manage. If you feel 'overwhelmed', why is it helpful to talk to a trusted adult? Give one example of a trusted adult you could speak to. (2 marks)

5. If a friend is feeling 'anxious' about a test, what kind words could you say to them to help them feel more 'resilient'? (2 marks)

Draw: Draw a 'Feelings Map' of a person. Use different colors to show where in the body you might feel certain emotions (for example, color the tummy blue for 'anxious' or the heart area yellow for 'happy').



Extension challenge: Write a short poem about a 'hidden' feeling—an emotion that people might not notice on the outside, but you feel on the inside. Share how you manage that feeling so it doesn't stay hidden for too long.