

The Feelings Compass: Navigating Our Emotions

Learning objective: To identify, label, and understand how to regulate a range of complex emotions and recognise that feelings can change.

Max the monkey is helping us map our emotions! Below is a list of scenarios. For each one, identify the core feeling, then describe the 'physical signal' your body gives you when you feel this way (e.g., a racing heart or a tummy tickle). Finally, suggest one 'Calm-Down Strategy' you could use if the feeling becomes overwhelming.

Word bank: Anxious · Frustrated · Elated · Content · Apprehensive · Overwhelmed · Empathetic · Determined

1. Scenario 1: You have been trying to solve a tricky maths puzzle for twenty minutes and the answer still won't appear. How are you feeling, and what is one way you can reset your focus? (2 marks)

2. Scenario 2: You are about to perform a poem in front of the whole class. Your palms feel a bit sweaty. What is this feeling, and why might your body react this way? (2 marks)

3. Scenario 3: A friend is sad because they dropped their lunch. You feel a pull in your chest because you know how they feel. What is this emotion called, and how can you show kindness? (2 marks)

4. Compare and contrast: How does the physical sensation of feeling 'elated' differ from the sensation of feeling 'anxious'? Explain why our bodies react differently to these two states. (3 marks)

5. Justify your answer: Is it 'wrong' to feel frustrated or angry? Explain why all feelings are useful, even the uncomfortable ones. (3 marks)

6. What might happen if you ignored a 'big' feeling like sadness instead of acknowledging it? Suggest a consequence for your wellbeing. (2 marks)

Draw: Draw a 'Feelings Weather Map'. If your happiness was sunshine and your worries were clouds, what would the weather look like inside your mind right now? Add labels to explain the different 'weather' patterns.



Extension challenge: Write a short 'Emotional Weather Report' for the fictional character Leo the Lion. Describe how his feelings changed throughout a busy day of leading an adventure, and explain the specific strategies he used to stay calm when faced with a difficult challenge.