

The Feelings Compass with Leo the Lion

Learning objective: To identify and describe a range of complex feelings and understand that it is normal to experience a mix of emotions in different situations.

Leo the Lion is preparing for a big group adventure. He has brought his 'Feelings Compass' to help him navigate his emotions. Look at the situations in the questions below. Decide which emotion Leo is feeling and match it to a 'calming strategy' from the word bank that could help him feel balanced again.

Word bank: Deep breathing · Writing a poem · Asking for help · Taking a quiet walk · Counting to ten · Sharing thoughts with a friend

1. Leo is about to lead his friends through a dark, unknown forest for the first time. His heart is beating fast and he feels worried. Which emotion is he feeling, and which strategy could help him? (2 marks)

2. A friend forgets to follow the map and they get lost. Leo feels frustrated because he worked hard on the plans. How might he use his strategies to stay kind? (2 marks)

3. The group reaches a beautiful waterfall at the end of their hike. Leo feels proud and content. Why is it important to recognise these positive feelings too? (2 marks)

4. Leo realises he made a small mistake in his poetry notes. He feels embarrassed. Which strategy from the list could help him feel better? (2 marks)

5. Sometimes Leo feels a mix of excitement and nervousness at the same time. Is it possible to feel two different emotions at once? Explain your answer. (2 marks)

Draw: Draw Leo's 'Feelings Compass'. Divide a circle into four sections and illustrate a different emotion in each section (e.g., Joy, Worry, Frustration, Calm) using colours or symbols to represent how those feelings might look.



Extension challenge: Think of a time this week when you felt a strong emotion. Write a short journal entry or a four-line poem about how that feeling changed throughout the day and what you did to manage it.