

My Inner Map: A Diary of Feelings

Learning objective: To identify and describe a range of emotions, understanding how they influence our thoughts and behaviours in accordance with PSHE requirements.

Use this diary template to explore your emotions throughout the week. Think about what triggered your feelings and how you responded. Be honest with your reflections, just like Leo the lion does when he writes his poetry about his experiences.

Word bank: frustrated · elated · anxious · content · overwhelmed · determined · tranquil · courageous · agitated · inspired

1. The Feeling: Identify one strong emotion you felt today. Use a word from the bank or your own vocabulary to describe it. (2 marks)

2. The Trigger: Explain why you felt this way. What specific event or interaction caused this emotion to surface? (3 marks)

3. The Physical Response: Describe how your body felt during this moment (e.g., butterflies in your stomach, a racing heart, or feeling calm and steady). (3 marks)

4. The Response: How did you act when you felt this way? Justify your choice of action—was it helpful to you and others? (4 marks)

5. Compare and Contrast: If you felt this way again tomorrow, how might you change your reaction to ensure a more positive outcome? (4 marks)

6. What might happen if someone held onto a difficult feeling for a long time without talking to a trusted adult or friend about it? (4 marks)

Extension challenge: Creative Task: Write a short, original poem from the perspective of a specific emotion. If 'Anxiety' or 'Joy' were a character, what would they say, how would they move, and what would they look like? Use descriptive language to bring your personified emotion to life.