

Exploring Our Emotional Landscape with Nova

Learning objective: To identify and describe a range of complex feelings and understand how different situations influence our emotional responses.

Use this writing frame to explore your inner world. Think about a time you felt a strong emotion. Use the word bank to help you express yourself clearly, and remember to justify why you felt that way.

Nova the owl sat high in the oak tree, watching the forest and reflecting on the many different feelings that had visited her throughout the busy week.

Word bank: overwhelmed · content · resilient · frustrated · anticipation · serene · nevertheless · consequently · in contrast · furthermore · on the other hand · significantly

1. Identify and describe: Think of a specific moment this week. What was the dominant emotion you felt, and what were the physical sensations you noticed in your body? Start with: 'During the moment I felt..., my body reacted by...' (2 marks)

2. Explain why: Justify the cause of this feeling. Was it triggered by an external event or an internal thought? Start with: 'The primary reason for this emotion was because...' (3 marks)

3. Compare and contrast: Compare this feeling to a different emotion you have experienced recently. How were they similar or different? Start with: 'In contrast to feeling..., I felt... which was different because...' (3 marks)

4. Evaluate strategies: What did you do to manage or process this feeling? Was your approach effective? Start with: 'To navigate this emotion, I decided to... This was effective because...' (3 marks)

5. What might happen if: Imagine you kept this feeling to yourself without talking to anyone. How might the situation have changed? Start with: 'If I had chosen to remain silent, I suspect that...' (4 marks)

6. Reflective conclusion: How has this experience changed how you might handle a similar situation in the future? Start with: 'Reflecting on this, I have realised that in the future I will...' (2 marks)

Extension challenge: Design a 'Feeling Map'. Choose three contrasting emotions and create an abstract piece of art for each. For each drawing, write a paragraph justifying your choice of colours, shapes, and textures to represent those specific feelings. How do these visual elements communicate the intensity of the emotion?