

Exploring Our Feelings with Pip and Friends

Learning objective: To identify, describe, and understand a range of complex emotions and develop strategies for emotional regulation.

Read the front of each flashcard to identify the term or scenario. Flip the card mentally (or use the provided answer) to check your understanding of how to manage these feelings.

Pip feels a knot in their stomach because they are worried about a big project. What is this feeling called? Anxiety.	Max is trying to solve a maths puzzle but the numbers won't add up correctly. What is the feeling of being annoyed by a lack of progress? Frustration.
Zara sees a friend looking sad and imagines how they might be feeling. What is this skill called? Empathy.	Leo tried to write a poem but it didn't rhyme. He decided to try again the next day. What character trait is he showing? Resilience.
Nova is sitting quietly watching the stars, feeling calm and happy with life. What is this feeling called? Contentment.	Kit feels overwhelmed by a long list of tasks. Name one healthy 'strategy' to help calm down. Deep breathing, taking a break, or talking to a trusted adult.
If Ellie is feeling angry, why is it helpful to wait before reacting? It allows the 'emotional brain' to calm down so you can think clearly and make better choices.	What does it mean to have a 'positive perspective'? Looking for the bright side of a situation or finding a way to learn from a mistake.
If Bea is feeling 'overwhelmed', what does that feel like? Feeling like you have too much to do or too many feelings at once, making it hard to focus.	Why is it important to name our feelings? Because once we can name a feeling, it becomes easier to manage or talk about it with others.
Rosa is feeling excited about learning a new language. Is excitement a 'big' or 'small' feeling? It is a 'big' feeling because it involves high energy and physical sensations.	True or False: It is okay to feel more than one feeling at the same time. True. Feelings are complex and we can feel a mix of emotions, such as being nervous but excited.