

Exploring Our Feelings with Nova the Owl

Learning objective: To identify and describe a range of feelings and understand how to manage them effectively.

Use the prompts below to help you write a reflective piece about your emotions. Think about how your body feels when you have a specific emotion and what healthy strategies you can use to manage big feelings.

Emotions are like the changing weather in the sky; sometimes it is bright and sunny, while other times a storm might roll in.

Word bank: furthermore · on the other hand · consequently · in addition · physically · overwhelmed · contentment · resilient · strategies · nevertheless

1. Identify a specific feeling you have experienced recently. Describe how it felt in your body (for example, a racing heart or a heavy feeling) and what triggered it: My recent experience with the feeling of [feeling] started when... (2 marks)

2. Explain why it is important to label our feelings accurately. How does naming an emotion help us gain control over it?: Understanding my emotions is helpful because... (2 marks)

3. Describe a 'calm-down' strategy that works for you when you feel frustrated or upset. Why is this strategy effective?: When I feel overwhelmed, I choose to... (2 marks)

4. Discuss the importance of empathy. How can you tell how someone else is feeling, and what kind words could you offer them?: I can show empathy towards a friend by noticing... (2 marks)

5. Reflect on a time you showed resilience. What did you learn about yourself after the difficult feeling passed?: A time I showed resilience was when... (2 marks)

Extension challenge: Write a short poem or a 'feelings weather report' describing how your mood changed throughout one school day, using metaphors for different emotions.