

Pip's Feelings Garden

Learning objective: To identify and name a range of emotions and understand that feelings can change.

Pip the caterpillar is visiting the Feelings Garden. Look at the faces of Pip's friends below. Draw a line from each character to the flower that matches how they are feeling. Then, talk to your teacher or a friend about a time you felt that way.

Word bank: Happy · Sad · Excited · Worried · Calm · Angry

1. Max the monkey has just finished a tricky puzzle. He is jumping up and down with a big smile. Which feeling is this? (1 mark)

2. Zara the zebra dropped her favourite paintbrush in a puddle. She has a little frown. How might she be feeling? (1 mark)

3. Nova the owl is looking at the stars quietly before bedtime. How would you describe her feeling? (1 mark)

4. Can you name a time today when you felt 'Happy'? (2 marks)

5. If a friend is feeling 'Sad', what is one kind thing you could do to help them feel better? (2 marks)

Draw: Draw a picture of yourself in the middle of the garden. Add a speech bubble showing how you are feeling today and colour the background to match your mood (for example, bright colours for happy, or cool colours for calm).



Extension challenge: Ask a partner to show you a 'worried' face or an 'excited' face. Can you guess which one they are acting out without using any words?