

Exploring Our Feelings with Pip the Caterpillar

Learning objective: To identify and name a range of emotions and understand how different situations can make us feel.

Read the questions below with a grown-up. Think about how you feel in these moments and talk about why.

Pip the Caterpillar is learning all about feelings. Sometimes Pip feels very happy when reading a new book. Other times, Pip might feel a little bit worried when trying something brand new. Everyone has lots of different feelings every single day!

Word bank: happy · sad · excited · worried · calm · angry

1. Pip just finished a lovely book and has a big smile. How do you think Pip is feeling? Write or draw the word. (2 marks)

2. Tell us about a time you felt really excited. What were you doing? (2 marks)

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

4. Sometimes we feel 'worried' when we are in a loud or busy place. What is one thing you can do to feel calm again? (2 marks)

5. Is it okay to have big feelings like being angry sometimes? Why? (2 marks)

Draw: Draw a picture of your face when you are feeling very happy. Don't forget to draw the shape of your eyes and your mouth!



Extension challenge: Create a 'Feelings Jar' at home. Every day, draw a picture of the main feeling you had and put it in your jar. At the end of the week, look at your jar and talk about all the different emotions you felt.