

Max's Feelings Sorting Challenge

Learning objective: To identify and categorise different feelings and understand that all feelings are natural.

Max the monkey is sorting his feelings into two groups. Look at the list of feelings below. Decide if each feeling is a 'Comfortable Feeling' (one that makes you feel calm or happy) or an 'Uncomfortable Feeling' (one that feels tricky or hard). Write the feeling in the correct box. Use the word bank to help you.

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

1. 1. Choose two feelings from the word bank that are 'Comfortable' and write them here:

(2 marks)

2. 2. Choose two feelings from the word bank that are 'Uncomfortable' and write them here:

(2 marks)

3. 3. If you feel 'Worried', who is one person you could talk to for help?

I could talk to _____ . **(1 mark)**

4. 4. Complete this sentence: 'Even when I have an uncomfortable feeling, I know that it will...

_____' **(1 mark)**

Draw: In the space below, draw a picture of yourself feeling calm. You could draw yourself doing your favourite hobby or sitting in a quiet, happy place.



Extension challenge: Write one thing you can do to help yourself feel better if you are feeling angry or sad (for example: taking deep breaths or counting to ten).