

# Navigating the Landscape of Feelings

*Learning objective: To identify and describe a range of emotions and understand that all feelings are valid and manageable.*

Read the passage below carefully. Use your knowledge of PSHE and the text to answer the questions that follow. Think deeply about how our characters manage their internal worlds.

In the vibrant Meadow of Mind, our friends were gathered to discuss the complexity of emotions. Max the monkey, usually seen solving complex equations, admitted that sometimes he felt overwhelmed by 'worry-bubbles' before a big maths challenge. Beside him, Ellie the elephant listened carefully, noting that even strong leaders like Leo the lion occasionally felt the 'flicker of frustration' when a poem wouldn't rhyme. They agreed that feelings are like the weather; they are natural, changing, and always pass in time. Zara the zebra suggested that instead of ignoring uncomfortable feelings, one should acknowledge them. She described this as painting a picture of one's mood—sometimes it is a stormy grey, other times a sunny yellow. Pip the bookworm added that naming an emotion can help tame it. By identifying whether one feels 'anxious', 'content', or 'disappointed', they felt more in control. The group concluded that no feeling is 'bad'; they are simply signals from our inner selves. Whether it is a fluttering of excitement or the heavy cloud of sadness, talking about these experiences helps everyone navigate their day with greater kindness toward themselves and others.

*Word bank: emotion · resilience · strategy · perspective · valid · mindfulness · empathy*

**1. According to the passage, what two strategies do Zara and Pip suggest to help manage difficult emotions? (2 marks)**

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**2. What comparison does the group use to describe how feelings change over time? (2 marks)**

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**3. Why might Max feel 'worry-bubbles' even though he is usually confident with maths? (2 marks)**

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**4. Explain why the author uses the phrase 'signals from our inner selves' to describe feelings. (3 marks)**

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**5. Do you agree with the group's conclusion that 'no feeling is bad'? Justify your answer using examples from your own experiences. (3 marks)**

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**Draw: Draw a 'Weather Map of Feelings'. Divide your paper into four sections and illustrate different weather patterns to represent four distinct emotions (e.g., a sunny sky for joy, a gentle rain for sadness, a bright rainbow for excitement, or a windy day for nervousness).**



*Extension challenge: Imagine you are an agony aunt or uncle for the Meadow of Mind. Write a short, empathetic letter (50-70 words) to a character who is feeling 'disappointed' because they didn't win a game. Explain why it is okay to feel this way and suggest one healthy way they could move forward.*