

Exploring Our Emotional Landscape with Nova and Leo

Learning objective: To identify, describe, and understand a range of complex feelings and develop strategies for emotional regulation.

Read the front of each flashcard to identify the feeling or scenario. Use the 'Answer' side to check your understanding of how that emotion might manifest in our bodies or minds. Once finished, use the extension tasks to explore these concepts in greater depth.

What is 'Empathy'?

Empathy is the ability to understand and share the feelings of another person by imagining yourself in their position.

How might 'Frustration' feel in your body?

Frustration often feels like tension in the muscles, a faster heartbeat, or a feeling of being 'stuck' when a goal is difficult to achieve.

Define 'Resilience'.

Resilience is the capacity to recover quickly from difficulties; it is the 'bounce-back' ability when things do not go as planned.

What is the difference between 'Anxiety' and 'Excitement'?

While both can cause a racing heart and butterflies in the stomach, excitement is usually linked to positive anticipation, whereas anxiety is linked to worry about a perceived threat.

What does it mean to 'regulate' your emotions?

Emotional regulation is the ability to monitor and adjust your emotional reactions to a situation to keep them at a manageable level.

Describe 'Contentment'.

Contentment is a state of peaceful happiness and satisfaction where you feel comfortable with things as they are.

Why is 'Reflection' important after experiencing a strong emotion?

Reflection helps us understand the 'why' behind our feelings, allowing us to learn what triggers us and how we might respond differently next time.

What is 'Optimism'?

Optimism is the tendency to look on the more favourable side of events or conditions and to expect a positive outcome.

If Leo the Lion feels overwhelmed, what is a healthy strategy to use?

Taking deep, controlled breaths, stepping away from the situation for a moment, or talking to a trusted person are all healthy strategies.

How can Nova the Owl use her observation skills to help a friend who is sad?

By listening actively, offering a calm presence, and showing empathy rather than trying to 'fix' the problem immediately.