

Exploring Our Emotions with Max the Monkey

Learning objective: To identify and describe a range of complex feelings and understand how different situations influence our emotional well-being.

Join Max the Monkey as he navigates his day in the jungle! Read each question carefully and select the best answer to help Max understand his feelings. Remember, all feelings are valid, but how we respond to them is what counts.

Answer Key: 1.C, 2.True, 3.Frustration, 4.B, 5.False, 6.A, 7.Empathy, 8.B, 9.True, 10.C. Remember: Max learns that taking a deep breath (a calming strategy) helps him think clearly when things get tricky!

Word bank: Resilience · Empathy · Frustration · Strategy · Calm · Confidence · Joy · Anxiety

1. Max is trying to solve a tricky maths puzzle but keeps getting stuck. He feels his face getting hot and his hands clenching. Which emotion is he likely feeling? A) Joy B) Calm C) Frustration* D) Boredom (1 mark)

2. True or False: It is okay to feel more than one emotion at the same time, such as feeling nervous but excited about a new challenge. (1 mark)

3. If a friend is feeling sad because they lost a favourite toy, what 'E' word describes the ability to understand and share their feelings? (1 mark)

4. Max feels worried about a big presentation. Which 'calm-down' strategy would be most effective? A) Running fast B) Taking slow, deep breaths* C) Shouting loudly D) Ignoring the feeling (1 mark)

5. True or False: You should hide your feelings so that nobody knows you are upset or worried. (1 mark)

6. When you achieve a goal you have worked hard for, what feeling do you experience? A) Pride* B) Anger C) Confusion D) Guilt (1 mark)

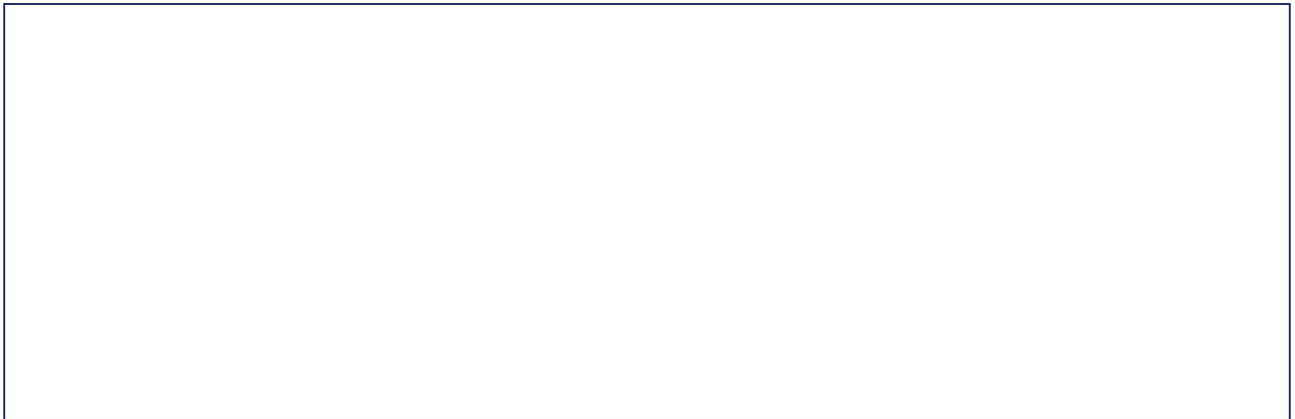
7. What is the name of the feeling that helps you bounce back after experiencing a disappointment? (1 mark)

8. If Max feels overwhelmed, who is the best person to talk to? A) Nobody B) A trusted adult* C) A stranger D) A wild animal (1 mark)

9. True or False: Everyone feels different emotions throughout the day depending on what is happening around them. (1 mark)

10. How might you show support to a friend who is feeling lonely? A) Walk away B) Tell them to be quiet C) Listen to them kindly* D) Play a game by yourself (1 mark)

Draw: Draw a 'Feelings Thermometer'. At the bottom, draw a symbol for a calm, quiet feeling, and at the top, draw a symbol for a high-energy feeling like excitement. Label each section with a different emotion.



Extension challenge: 1. Explain why it is important to label our feelings correctly before we act on them. 2. Compare and contrast how someone might look when they are feeling 'anxious' versus 'excited'. 3. Justify your answer: Why might talking to a trusted adult be a more effective strategy than keeping feelings hidden? 4. What might happen if we do not acknowledge our feelings at all? 5. Design a 'Personal Toolkit' of three strategies you could use if you feel overwhelmed at school. 6. Describe a situation where showing empathy might change the outcome of a disagreement between friends.