

Exploring Our Inner World with Leo the Lion

Learning objective: To identify, describe, and understand how to manage a range of complex feelings and their impact on our behavior.

Read each scenario carefully. Use the word bank to help you express your feelings, and answer the questions with thoughtful explanations.

Leo the Lion often writes poetry to help him process his day. Sometimes he feels bold and brave, but other days he feels uncertain. He knows that all feelings are valid, but how we act when we feel them is what truly matters.

Word bank: Frustrated · Apprehensive · Resilient · Content · Overwhelmed · Empathetic · Confident · Irritated

1. Leo is preparing to lead a group adventure, but he feels nervous about the responsibility. Which word from the word bank best describes his feeling? Explain why someone might feel this way before trying something new. (2 marks)

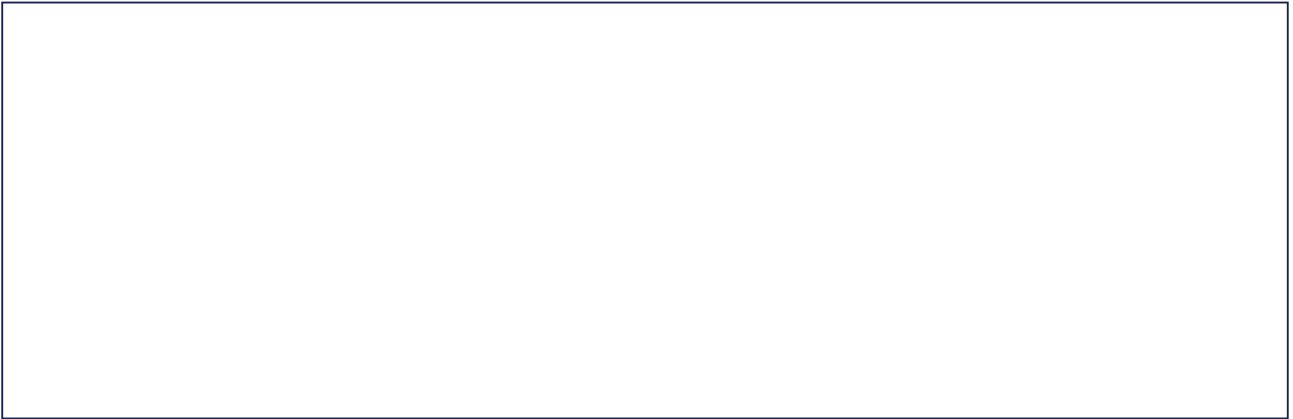
2. If a friend is feeling 'overwhelmed' because their school work is too difficult, how can you show you are 'empathetic'? Describe two actions you could take to support them. (2 marks)

3. Compare and contrast feeling 'frustrated' with feeling 'irritated'. How do these feelings change how you might treat the people around you? (2 marks)

4. Justify your answer: Is it possible to feel two different emotions at the same time? Give an example of a situation where this might happen. (2 marks)

5. What might happen if we ignored our feelings instead of acknowledging them? Explain the potential consequences for our well-being. (2 marks)

Draw: Draw a 'Feelings Map' of a lion's face. Use different colors and patterns to represent at least four different emotions Leo might feel in a single day, and label them.



Extension challenge: Write a short poem in the style of Leo the Lion about a time you felt 'resilient'. Describe the challenge you faced and the positive steps you took to overcome that feeling.