

Exploring Our Emotions with Max and Ellie

Learning objective: To identify, describe, and understand how to manage a range of complex feelings, and to recognize the importance of empathy in our friendships.

Read each question carefully and use your knowledge of PSHE to provide thoughtful, honest answers. Remember, all feelings are valid, but it is how we respond to them that matters.

Max the monkey often feels frustrated when he cannot solve a tricky math puzzle on the first try. Ellie the elephant, with her incredible memory, remembers a time when she felt overwhelmed by a large group project and needed to ask for help. By talking about their feelings, they learn how to support one another.

Word bank: Empathy · Resilience · Frustrated · Overwhelmed · Perspective · Regulation · Content · Anxious

1. Max feels frustrated when his math puzzle is difficult. Describe two physical signs that your body might show when you are feeling frustrated or angry. (2 marks)

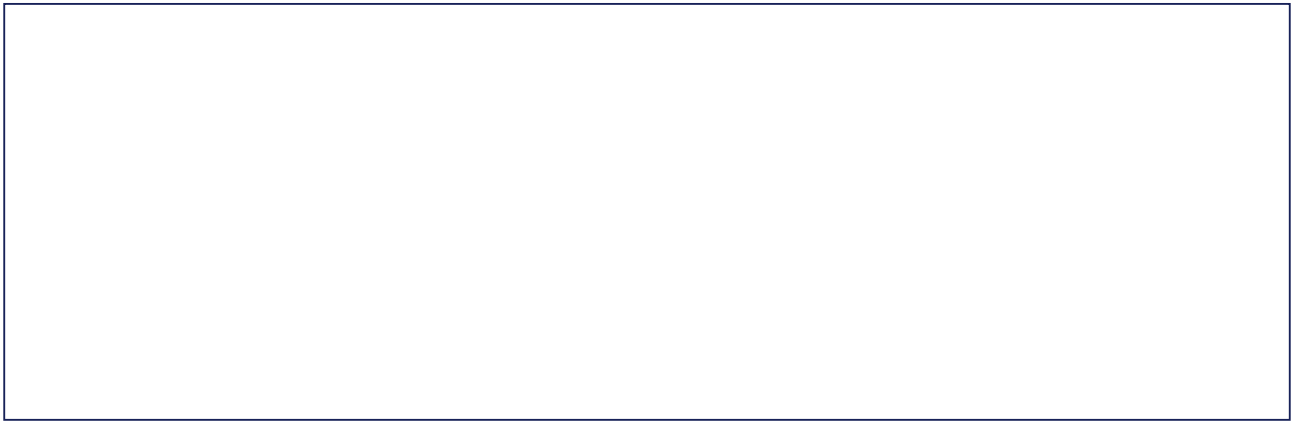
2. Ellie explains that she felt 'overwhelmed' during a group project. Explain what it means to feel overwhelmed and suggest one strategy a Grade 4 student could use to help them feel calmer. (2 marks)

3. Define the term 'empathy'. How could you show empathy towards a classmate who is feeling sad because they lost their favorite pen? (2 marks)

4. Sometimes we have 'big feelings'. Why is it important to talk to a trusted adult if you are feeling anxious about a change at school? (2 marks)

5. If a friend is acting unkindly because they are having a bad day, how can using 'perspective' help you to react in a calm and helpful way? (2 marks)

Draw: Draw a 'Feelings Thermometer'. At the bottom, draw a face showing a calm, content emotion. At the top, draw a face showing a very strong, overwhelming emotion. In the middle, draw a face showing how you look when you are just starting to feel a bit stressed, and write one thing you can do to bring yourself back down to the bottom.



Extension challenge: Write a short diary entry from the perspective of Max or Ellie, describing a time you felt a strong emotion and the steps you took to regulate your feelings so that you felt better.