

Exploring Our Feelings with Pip and Friends

Learning objective: To identify and describe a range of different feelings and recognise how to manage them.

Read the front of each card. Think about how you feel in that situation. Then, check the answer to see if you can name the feeling. You can use the word bank to help you.

Pip finds a new book to read.

Happy

Nova cannot see the stars because of clouds.

Sad

Max cannot solve a tricky maths puzzle.

Frustrated

Ellie is waiting for a friend to arrive.

Excited

Finn loses his favourite shell in the sand.

Worried

Zara is painting a beautiful picture.

Calm

Leo stands up to speak in front of the class.

Nervous

Bea finishes a big project all by herself.

Proud

Kit sees a strange shape in the garden.

Surprised

Rosa is sitting all by herself at lunch.

Lonely

You are tired of playing the same game.

Bored

You tell a teacher about a problem.

Safe