

Exploring Our Feelings with Max the Monkey

Learning objective: To identify and describe a range of feelings and understand how they affect our bodies and choices.

Read each question carefully. Use the word bank to help you answer. If you need help, look at the clues in the questions.

Max the monkey is learning about feelings. Sometimes he feels happy when he eats a banana. Sometimes he feels worried about a big maths puzzle. It is okay to have many different feelings every day.

Word bank: Happy · Sad · Angry · Calm · Worried · Excited · Body · Heart

1. Max feels very jumpy and has a fast heartbeat before a race. Which feeling is he having? (Hint: He is looking forward to the race!) (2 marks)

2. When you feel angry, what does your body feel like? Use one word from the word bank to describe your body. (2 marks)

3. If a friend is feeling sad, what is one kind thing you could do to help them? (2 marks)

4. Fill in the sentence: When I am _____, I like to take deep breaths to feel better. (1 mark)

Draw: Draw a picture of a face showing how you feel today. Next to it, draw something that helps you feel calm, like a quiet book or a tree.



Extension challenge: Write down two things that make you feel happy and one thing you do when you need to feel calm.