Feeling Good with Leo the Lion

Learning objective: To understand that everyone has feelings and that it is healthy to talk about them.

Read the story carefully. Use the word bank if you need help. Write your answers in the spaces provided.

Leo the Lion is usually very brave, but sometimes he feels sad or worried. One morning, Leo felt a bit grey inside. He did not feel like roaring or playing. He sat quietly under a big oak tree. His friend, Pip the caterpillar, crawled over. Pip saw that Leo was quiet. 'Are you okay?' Pip asked gently. Leo sighed and said, 'I have many worries today. I feel a bit lonely.' Pip listened carefully. Talking about his feelings helped Leo feel much lighter. He realised that even a strong lion needs to share his troubles sometimes. Later, Leo and Pip went to find Nova the owl. They talked about how it is normal to have different emotions. Leo learned that being honest about his feelings is a sign of true strength. Now, whenever Leo feels sad, he talks to his friends. He knows that kindness and support make everything better. It is important to look after our minds just like we look after our bodies. Everyone has ups and downs, and that is perfectly okay.

Word bank: emotions · kindness · support · worries · brave · calm

1. Who did Leo talk to when he first felt worried? (1 mark) (1 mark)

2. What did Leo do to make himself feel lighter? (1 mark) (1 mark)

3. How do you think Pip felt when he saw Leo sitting quietly? (2 marks) (2 marks)

4. Why does the story say that talking is a sign of strength? (2 marks) (2 marks)

5. Why is it important to have friends you can talk to? (2 marks) (2 marks)

Draw: Draw a picture of Leo the Lion and Pip the caterpillar sitting together under a tree, sharing a happy moment.

Extension challenge: Write down two things that you do to feel calm when you are worried. You could draw a picture to go with your ideas.