Max’s Mood Garden: Sorting Feelings

Learning objective: To help children identify and label their emotions and understand that all feelings are natural and okay.

Max the Monkey has been busy collecting different feelings in his garden! Look at the feelings below. Draw a line to match each feeling to the right 'weather' icon that shows how it feels. For example, being happy might feel like a bright, sunny day. After you match them, talk to your teacher or a friend about a time you felt that way.

Word bank: Happy · Sad · Calm · Excited · Angry

1. When you feel 'Happy', what does your smile look like? Draw a happy face. (2 marks)

2. If you feel 'Sad', who is one person you could talk to for a cuddle or a chat? (2 marks)

3. When you feel 'Angry', what is one thing you can do to feel calm again? (e.g., take a deep breath) (2 marks)

4. Is it okay to have big feelings like being angry or sad? Why? (2 marks)

5. Max feels 'Excited' when he solves a maths puzzle. What is one thing that makes you feel excited? (2 marks)

Draw: Draw a picture of yourself in your favourite place. Next to your picture, draw a little weather icon (like a sun, a cloud, or a rainbow) that shows how you are feeling right now.

Extension challenge: Create a 'Feelings Jar' with your class. Use coloured pom-poms or beads to represent different emotions. Each morning, place a bead in the jar to show how you feel as you walk through the door.