

# Understanding Our Feelings

*Learning objective: To identify and describe a range of emotions and understand how to manage them.*

Read the story below carefully. Look at the word bank if you need help. Fill in the boxes with your answers.

Today, Leo the lion felt a bit strange. At the start of the day, he felt very excited about the school trip. His tail wagged, and he could not sit still. But when the bus arrived, he felt nervous. His tummy felt jumpy, and he hid behind a big tree. Nova the owl flew down and sat next to him. Nova asked, 'Are you feeling worried?' Leo nodded slowly. Nova told Leo that it is okay to have big feelings. She said that talking about feelings helps them feel smaller. Leo took a deep breath. He thought about his happy memories and felt much better. Soon, Leo felt brave again. He realised that everyone has different feelings at different times. When he joined his friends, he felt happy and calm. He was glad he talked to Nova. Being honest about how we feel is a sign of being strong. Leo knew that if he felt sad or scared again, he could always find a friend to talk to. Sharing his feelings made his heart feel light and bright.

*Word bank: emotions · calm · worried · share · kindness · support*

**1. Why did Leo feel nervous when the bus arrived? (1 mark) (1 mark)**

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**2. Who came to talk to Leo when he was hiding? (1 mark) (1 mark)**

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**3. How do you know that Leo felt better after talking to Nova? (2 marks) (2 marks)**

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**4. Why does Nova think it is important to talk about feelings? (2 marks) (2 marks)**

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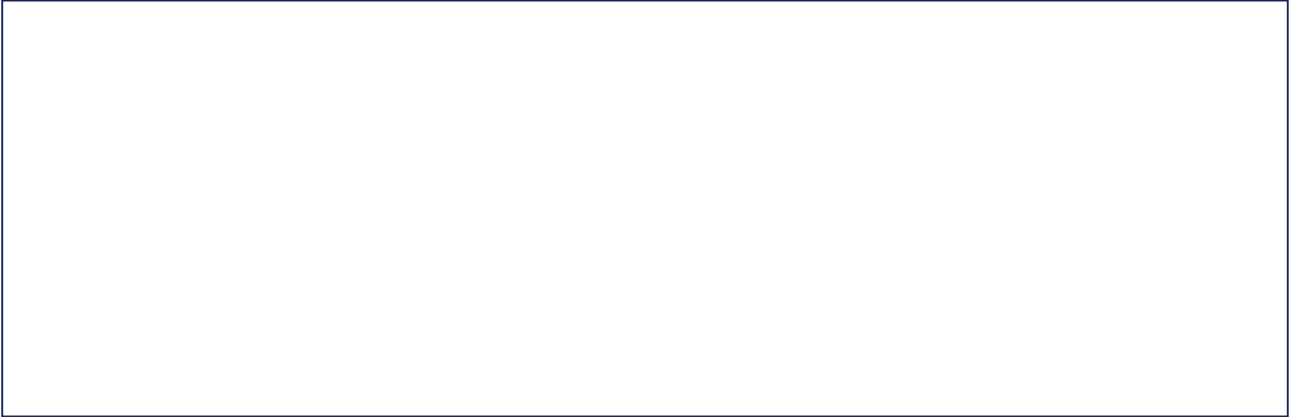
**5. Do you think it is easy or hard to share your feelings? Explain why. (2 marks) (2 marks)**

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**Draw:** Draw a picture of Leo the lion and Nova the owl sitting together. Draw a thought bubble above Leo showing how he feels now that he is calm.



*Extension challenge: Write down one thing you can do to help a friend who is feeling sad or worried.*