

My Feelings Garden with Pip the Caterpillar

Learning objective: To identify and express different feelings and understand that feelings can change.

Pip the caterpillar is growing a Feelings Garden. Each flower represents a different feeling. Follow the steps below to draw your own garden and label your emotions.

Draw: Draw a large garden scene. In the centre, draw Pip the caterpillar smiling at his flowers. Create four different types of flowers, each representing a feeling from the word bank. Use bright colours for happy feelings and cooler, softer colours for calm or sad feelings. Include a bright sun in the sky and some green grass for the garden.



Label words: Happy · Sad · Calm · Excited · Worried · Angry · Proud

Steps:

1. Step 1: Draw a big, happy flower in the middle of your garden. What makes you feel happy? Write one sentence here:
2. Step 2: Draw a flower with drooping petals for a 'sad' feeling. Where do you feel sadness in your body? (e.g., tummy, head, chest)
3. Step 3: Draw a bright, spiky flower for when you feel 'excited'. What do you do with your body when you are excited?
4. Step 4: Label your flowers using the words from the word bank. Which feeling is the biggest in your

garden today?