

Feeling Good with Max and Pip

Learning objective: To identify ways to look after our mental health and recognise feelings.

Max the monkey and Pip the caterpillar are talking about feelings. Sort the items in the list below into two boxes: 'Things that help me feel calm' and 'Things that make me feel worried'. Draw a line from each item to the correct box.

Word bank: Talking to a friend · Deep breathing · Being teased · Reading a book · Taking a test · Playing outside

1. 1. Look at the word bank. Write two things you can do if you feel sad or worried. (Sentence starter: I can...) (2 marks)

2. 2. Max says: 'I feel happy when I share my toys.' Write one thing that makes you feel happy. (1 mark)

3. 3. Pip says: 'It is okay to have big feelings.' Why is it important to talk to an adult when you feel sad? (2 marks)

4. 4. Who is one person you can talk to at school if you feel worried? (1 mark)

Draw: Draw a picture of your 'happy place'. This is somewhere you go in your mind when you want to feel calm and relaxed.



Extension challenge: Write down one kind thing you could say to a friend who is feeling sad today.