Looking After Our Feelings with Max

Learning objective: To understand that everyone has feelings and to identify healthy ways to look after our mental health.

Read each question carefully. Use the word bank to help you complete your sentences. You can talk to a partner or your teacher if you need help.

Max the monkey knows that just like we look after our bodies, we must look after our minds. Sometimes we feel happy, and sometimes we feel sad. All feelings are okay. When we share our worries, we feel better. Doing things we love helps us stay healthy.

Word bank: Happy · Sad · Calm · Talk · Exercise · Rest · Friends · Feelings

1. Max says that all feelings are okay. Can you name two different feelings you have felt this week? (2 marks)

2. When you feel worried or sad, who is one person you could talk to? (1 mark)

3. Complete the sentence: To look after my mind, I like to _____ because it makes me feel good. (1 mark)

4. Why is it important to tell someone if you are having a difficult day? (2 marks)

Draw: Draw a picture of yourself doing something that makes you feel calm and happy, like reading a book, playing outside, or drawing.

Extension challenge: Write down one kind thing you can say to a friend to help them feel better if they are having a sad day.