

The Emotional Kaleidoscope with Zara the Zebra

Learning objective: To identify, categorise, and articulate complex emotions, and to understand how different perspectives shape our internal experiences.

Zara the Zebra sees the world in patterns and colours. She believes that feelings are like a kaleidoscope—constantly shifting and mixing. Your task is to sort the following 'feeling scenarios' into three categories: 'Reflective' (internal processing), 'Reactive' (immediate response), and 'Complex' (mixed emotions). Provide a brief justification for each, using the vocabulary from the word bank.

Word bank: Ambivalent · Apprehensive · Empathetic · Resilient · Frustrated · Contented · Exhilarated · Overwhelmed

1. Scenario A: You are moving to a new school. You feel excited to make friends, but sad to leave your current ones. Categorise this feeling and justify your choice. (2 marks)

2. Scenario B: You have been practising a difficult maths problem for an hour and cannot find the solution. Categorise this feeling and explain how a 'resilient' mindset might change your reaction. (2 marks)

3. Scenario C: You see a classmate drop their lunch tray and help them pick it up before anyone else notices. Categorise this feeling and explain why this is an 'empathetic' act. (2 marks)

4. Compare and contrast 'Apprehensive' and 'Exhilarated'. Can these two feelings happen at the same time? Justify your answer. (2 marks)

5. Explain why it is important to recognise that feelings are temporary states rather than permanent personality traits. (2 marks)

6. What might happen if someone decided to ignore their 'frustrated' feelings instead of identifying them? Propose a healthy strategy to manage this emotion. (2 marks)

Draw: Draw a 'Feeling Kaleidoscope'. Divide a circle into sections and use colours and abstract patterns to represent how different emotions, such as 'contented' and 'apprehensive', might look if they were blended together.



Extension challenge: Write a short poem or a reflective journal entry from the perspective of an object (e.g., a dusty old library book or a park bench) that has witnessed many different human emotions. Use at least four words from the word bank to describe the emotions of the people you have observed.