

Navigating the Emotional Landscape with Leo

Learning objective: To understand the complexity of human emotions and develop strategies for emotional regulation and empathy.

Read the passage carefully and answer the questions below. Ensure your answers are supported by evidence from the text.

Leo the lion is known for his bravery, but he often reminds his friends that even the strongest hearts experience a vast spectrum of feelings. Last Tuesday, Leo felt a sudden rush of frustration when his poetry journal was misplaced. His tail flicked, and his heart raced. However, rather than letting his temper roar, Leo practised emotional regulation. He took three deep, steadying breaths and remembered that feelings are transient, much like passing clouds in the sky. By acknowledging his annoyance without letting it control his actions, he remained calm enough to retrace his steps and find his book. Leo believes that emotional intelligence is a skill that requires daily practice. He often tells his friends that empathy is the key to understanding others; when we put ourselves in someone else's shoes, we gain a new perspective on their struggles. Whether we feel exuberant, apprehensive, or simply melancholy, Leo encourages us to label our emotions clearly. Giving a feeling a name is the first step toward managing it effectively, ensuring that we remain the masters of our own inner world.

Word bank: empathy · resilience · perspective · regulation · complex · transient

1. Identify two physical sensations Leo experienced when he felt frustrated. (2 marks)

2. What metaphor does Leo use to describe the nature of feelings, and what does this suggest about how long they last? (2 marks)

3. Why does Leo suggest that 'labelling' an emotion is an important step in emotional regulation? (2 marks)

4. Explain why Leo believes empathy is essential for maintaining healthy friendships. (3 marks)

5. Do you agree with Leo that emotional intelligence is a skill that requires daily practice? Justify your answer with an example. (3 marks)

Draw: Draw a 'Weather Map of Feelings' for Leo. Use different types of weather to represent emotions, such as a thunderstorm for anger or a gentle breeze for calmness, and explain why you chose these symbols.



Extension challenge: Greater Depth Challenge: Imagine a scenario where two friends have a disagreement. Write a short dialogue (150 words) demonstrating how they use empathy and emotional regulation to resolve the conflict. Explain why their chosen approach is more effective than reacting with immediate anger.