

Exploring Our Emotions with Leo the Lion

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

Leo the Lion is feeling a mix of emotions today. Read the questions carefully and use your knowledge of PSHE to help him understand his feelings. Write your answers clearly in the spaces provided.

Answer Key: 1. C, 2. True, 3. False, 4. B, 5. Anxiety, 6. Resilience, 7. A, 8. True, 9. Frustration, 10. Empathy.

Note: For Q5, 6, and 9, accept synonyms if accurate.

Word bank: Resilience · Empathy · Mindfulness · Frustration · Strategy · Optimism

1. 1. Leo feels his heart racing before a big poetry performance. Which emotion is he most likely experiencing? A) Boredom B) Contentment C) Nervousness* D) Greed (1 mark)

2. 2. True or False: It is healthy to acknowledge and name your feelings rather than ignoring them. (1 mark)

3. 3. True or False: Everyone experiences exactly the same emotions in the same way at the same time. (1 mark)

4. 4. If a friend is sad, what is the best way to show support? A) Ignore them B) Listen actively and show kindness* C) Tell them to stop crying D) Talk only about yourself (1 mark)

5. 5. What one-word term describes the feeling of worry or unease about an uncertain event? (1 mark)

6. 6. What is the ability to recover quickly from difficulties or setbacks called? (1 mark)

7. 7. Which of these is a helpful strategy for calming down when angry? A) Deep breathing* B) Shouting C) Throwing things D) Hiding (1 mark)

8. 8. True or False: You can feel more than one emotion at the exact same time. (1 mark)

9. 9. When Max the Monkey cannot solve a difficult maths puzzle, what feeling might he experience? (1 mark)

10. 10. What do we call the ability to understand and share the feelings of another person? (1 mark)

Draw: Draw a 'Feelings Garden' for Leo the Lion. Represent different emotions as different types of plants or flowers (e.g., a thorny bush for anger, a bright sunflower for happiness) and explain why you chose them.



Extension challenge: Greater Depth Challenges: 1. Explain why it is important to develop a 'vocabulary of emotions' rather than just saying 'good' or 'bad'. 2. Compare and contrast the feeling of 'excitement' with 'anxiety'; how do they feel similar in the body? 3. Justify why someone might choose to use mindfulness as a strategy for emotional regulation. 4. What might happen if a person suppressed all their emotions for a long time? 5. Create a short plan for a Year 5 student who feels overwhelmed during a transition, such as moving from the playground into the classroom. 6. How does showing empathy improve the atmosphere of a school community?