

My Emotional Landscape: A Reflective Diary Entry

Learning objective: To identify, articulate, and evaluate a range of complex emotions, understanding how different situations influence our wellbeing.

Think about a specific experience you had this week. Use the prompts below to explore your feelings, using rich vocabulary to describe your internal state. Reflect deeply on how your thoughts influenced your reactions.

Word bank: overwhelmed · contentment · apprehensive · resilience · tranquillity · frustration · perspective · empathy · enthusiasm · melancholy

1. The Situation: Briefly describe the event or interaction you are reflecting on. What were the external circumstances? (2 marks)

2. Emotional Identification: Identify the primary emotion you felt. Why do you believe this specific emotion was triggered in this context? (3 marks)

3. Physical and Mental Response: Describe how your body and mind reacted to this feeling. Did your perspective shift as time passed? (3 marks)

4. Evaluating Strategy: Explain why you chose to react in the way you did. If you could face this situation again, would you approach it differently? Justify your answer. (4 marks)

5. Comparing Experiences: Compare and contrast how you felt during this event with how you might feel during a moment of complete tranquillity. What are the key differences? (4 marks)

6. Future Application: What might happen if you encounter a similar situation next week? How could you use your resilience to manage your response? (3 marks)

Extension challenge: Imagine Nova the owl is observing your situation from high in the oak tree. Write a short, empathetic letter from Nova's perspective, offering a piece of wisdom to help you navigate these feelings in the future.