

Exploring the Spectrum of Emotions with Nova and Max

Learning objective: To identify, categorise, and manage a wide range of complex emotions while developing strategies for emotional regulation and empathy.

Read each question carefully. Use the word bank to help you express your thoughts clearly. For the 'Greater Depth' questions, ensure you provide reasons for your opinions.

Nova the owl often observes how different friends react to new challenges in the forest. Max the monkey sometimes finds that when a complex maths puzzle does not work the first time, he feels a surge of frustration. Meanwhile, Leo the lion sometimes feels apprehension when leading the group into the unknown, yet he maintains his calm. Understanding that feelings are transient signals is the first step toward mastering our emotional well-being.

Word bank: Resilience · Empathy · Frustration · Apprehension · Contentment · Overwhelmed · Self-regulation · Perspective

1. Identify a situation that might cause a person to feel 'apprehension'. Explain why it is important to recognise this feeling early. (2 marks)

2. Max feels frustrated when his calculations are incorrect. Suggest two strategies he could use for self-regulation to help him remain calm. (2 marks)

3. Define 'empathy' in your own words. Why is it a vital skill when interacting with friends who are experiencing difficult emotions? (2 marks)

4. Compare and contrast the feelings of 'contentment' and 'excitement'. Can an individual experience both at the same time? Justify your answer. (3 marks)

5. What might happen if someone consistently ignored their feelings of being 'overwhelmed'? Explain the potential consequences on their daily life. (2 marks)

Draw: Draw a 'Feelings Landscape'. Create a scene where you represent different emotions as weather patterns (for example: sunshine for joy, a gentle breeze for contentment, or a storm for anger). Label your drawing with at least four different emotional states.



Extension challenge: Write a short, reflective journal entry from the perspective of a character who has just faced a significant disappointment. Describe the physical sensations of their feelings, the thoughts they had, and the steps they took to regain their sense of balance. Use at least three words from the word bank.