

Exploring Our Emotional Landscape with Leo the Lion

Learning objective: To identify, describe, and express a range of complex feelings, and to develop strategies for managing them effectively.

Use this writing frame to explore how you feel and why. Follow the prompts to build your reflection. Use the word bank to help make your writing more descriptive and sophisticated.

Just as Leo the Lion sometimes feels a complex mix of bravery and nerves before leading an adventure, we all experience a rich landscape of feelings that change throughout the day.

Word bank: nevertheless · consequently · overwhelmed · tranquil · significant · in retrospect · perspective · resilient · simultaneously · emotional regulation

1. Identify a specific emotion you have felt recently. Describe the situation that triggered this feeling and explain why you think it occurred: 'Recently, I felt... because...' (2 marks)

2. How does your body react when you experience this emotion? Consider physical sensations such as your heart rate, breathing, or tension: 'When I experience this, my body reacts by...' (2 marks)

3. Explain why it is important to acknowledge and name our feelings rather than ignoring them: 'I believe it is vital to recognise our emotions because...' (3 marks)

4. Compare and contrast two different emotions you have felt. How are they similar, and how do they differ in how you manage them? 'While both... and... are types of feelings, they require different responses because...' (3 marks)

5. Justify your answer: What is the most effective strategy you have discovered for calming down when you feel overwhelmed? 'I find that... is the most effective strategy, specifically because...' (3 marks)

6. What might happen if someone consistently suppressed their feelings instead of expressing them in a healthy way? 'If a person chooses to suppress their emotions, the potential consequences could be...' (3 marks)

Extension challenge: Write a short, reflective poem in the style of Leo the Lion. Your poem should personify a difficult emotion as a character and describe how you might kindly invite it to 'sit down' and talk, rather than letting it take control of your day.