

Feeling My Best with Leo the Lion

Learning objective: To identify and name different feelings, and understand simple strategies to help us feel calm and happy.

Read the questions with your grown-up and talk about how you feel today. Use your best handwriting or draw your answers in the boxes provided.

Leo the Lion is a very kind friend. Sometimes Leo feels happy when he is playing with his friends, and sometimes he feels a little bit worried when he tries something new. Leo knows that all his feelings are okay. When he feels big feelings, he takes a deep breath and finds a quiet space to feel better.

Word bank: happy · sad · calm · brave · kind · worried · breathe

1. Leo sometimes feels worried. Can you draw or write one thing that makes you feel happy? (2 marks)

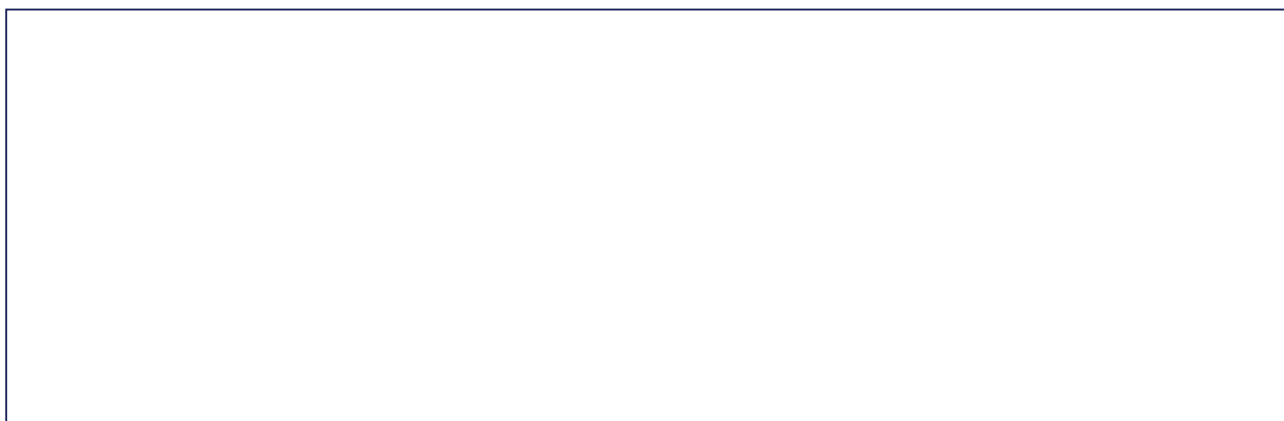
2. If a friend is feeling sad on the playground, what kind thing could you say to them? (2 marks)

3. When you feel very excited or a little bit upset, what is one way you can help your body feel calm? (2 marks)

4. Look at the word bank. Which word describes how you feel today? Write it down. (1 mark)

5. Is it okay to have different feelings during the day? Tick the box for Yes or No. (1 mark)

Draw: Draw a picture of yourself and Leo the Lion doing something that makes you both feel happy and relaxed.



Extension challenge: Ask a grown-up to help you make a 'Calm Corner' at home with a soft cushion and a favourite book. Talk about how it feels to sit there when you need a quiet moment.