

# Understanding Our Feelings with Max and Leo

*Learning objective: To identify, name, and manage a range of feelings and emotions.*

Read each question carefully. Max the monkey and Leo the lion are here to help you. Use the word bank if you get stuck. Write your answers in the boxes provided.

Max and Leo are friends. Sometimes Max feels very excited and fast. Sometimes he feels worried about a math puzzle. Leo likes to stay calm. He knows that all feelings are okay to have. When they feel big emotions, they stop and take a deep breath together.

*Word bank: happy · sad · angry · calm · worried · kind · breathe · talking · proud*

**1. 1. Name two different feelings you might have during a school day. (2 marks)**

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**2. 2. Max feels worried about a math puzzle. What is one thing he could do to feel better? Start your answer with: 'Max could...'. (3 marks)**

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**3. 3. Why is it important to be kind when a friend is feeling sad? Write one sentence. (3 marks)**

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**4. 4. Leo takes a deep breath when he feels a big emotion. How does breathing help you feel calm? Tick or write your answer. (3 marks)**

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**5. 5. Write a short story about a time you felt a big feeling (like being very happy or a little bit angry). What happened? How did you manage that feeling? Use at least 4 sentences. (5 marks)**

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6. 6. If a friend is having a hard day, what are two things you can say to them? (4 marks)

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7. 7. Is it okay to feel sad sometimes? Circle: Yes / No. Explain why in one short sentence. (5 marks)

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Draw: In the box below, draw a face showing how you feel today and color it in.



*Extension challenge: Total: /25. Extension: Can you think of a new feeling that is not in the word bank? Write it down and explain what it means.*