

My Feelings Diary with Leo the Lion

Learning objective: To identify and describe different feelings and understand how to manage them in a healthy way.

Today, we are going to talk about our feelings. Everyone feels many different things each day. Leo the Lion wants to hear about your day. Use the boxes below to write about your feelings. You can use the word bank to help you.

Word bank: happy · sad · angry · calm · excited · worried · brave · proud · kind · safe

1. How are you feeling today? Write a sentence about your feeling. (Sentence starter: Today, I feel...) (2 marks)

2. What is one thing that made you feel this way? (Sentence starter: I feel this because...) (2 marks)

3. If you feel a big or difficult emotion, what can you do to feel better? (Sentence starter: To feel better, I can...) (2 marks)

4. Who is one person you can talk to when you have big feelings? (Sentence starter: I can talk to...) (2 marks)

Extension challenge: Draw a picture of a time you felt happy. Think about what your face looked like and what you were doing.