

My Book of Feelings with Max the Monkey

Learning objective: To identify and describe a range of feelings and explain how to manage them.

Max the Monkey loves to solve puzzles, but sometimes his feelings are hard to understand. Use the sentence starters below to write about your own feelings. Read the word bank if you get stuck.

Max the Monkey says, 'My feelings can change like the weather, but I always try to understand them.'

Word bank: happy · sad · angry · calm · because · when · sometimes · instead · helpful · breathe

1. 1. What is one feeling you have felt this week? Start with: I felt _____ because... (2 marks)

2. 2. How does your body feel when you have that feeling? Start with: When I feel this way, my body feels... (2 marks)

3. 3. What can you do to feel better when you are sad or angry? Start with: If I feel upset, I can... (2 marks)

4. 4. Who can you talk to if your feelings are too big to handle alone? Start with: I can talk to _____ because... (2 marks)

Extension challenge: Draw a picture of a 'calm corner' in your classroom. What items would you put there to help you feel better?