

Max and the Mood Garden: My Feelings Journey

Learning objective: To help children identify and name their emotions and understand that all feelings are natural and okay.

Max the monkey is tending to his 'Mood Garden'. Today, his flowers are feeling lots of different ways. Look at the list of feelings below. Match each feeling to the right 'Mood Flower' by writing the word in the flower pot. After you have labelled them, talk about a time you felt that way with your teacher or a friend.

Word bank: Happy · Sad · Angry · Calm · Excited

- 1. Max is jumping up and down because he is going to the park. Which feeling is this? (2 marks)**

- 2. When you share a toy with a friend, how does your heart feel? Write the feeling. (2 marks)**

- 3. Is it okay to feel sad sometimes? Why is it important to tell a grown-up how you feel? (2 marks)**

- 4. When your body feels wiggly and loud, which feeling might that be? (2 marks)**

- 5. If you take a deep breath and sit quietly, which feeling are you trying to find? (2 marks)**

Draw: Draw a picture of yourself inside a garden. Give your flower a face that shows how you are feeling today. Is your flower smiling, or does it need a big hug?



Extension challenge: Ask the children to create a 'Calm Down Kit' with Max. What items could they put in a box to help them feel better when they are sad or angry? For example: a soft blanket, a favorite book, or a picture of their family.