

Feeling Good with Nova and Leo

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

Read the questions with an adult. Think about how you feel during the day and how you can look after your own wellbeing.

Nova the owl loves to sit quietly and watch the stars to feel calm. Leo the lion likes to talk to his friends when he feels sad so he can feel better again.

Word bank: Happy · Sad · Calm · Angry · Breathe · Friend · Sharing · Kindness

1. Nova takes deep breaths to feel calm. Can you name one thing you do to help yourself feel calm when you are worried? (2 marks)

2. If Leo is feeling sad, who is someone you could talk to if you felt sad? (1 mark)

3. How does it make you feel when you share a toy with a friend? (2 marks)

4. Look at the word bank. Which word describes how you feel when you are playing with your best friend? (1 mark)

5. Why is it important to be kind to yourself and others? (2 marks)

Draw: Draw a picture of yourself doing your favorite activity that makes you feel happy and safe.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the upper half of the page.

Extension challenge: Ask a grown-up to help you make a 'Feelings Jar'. Decorate a jar and put in notes or drawings of things that make you smile, like your favorite color, a game you like to play, or a special person.