The Emotional Map with Leo the Lion

Learning objective: To identify, name, and understand a range of complex feelings and develop strategies for emotional regulation.

Leo the Lion is planning a big trek across the savannah. He knows that leaders need to understand their own feelings to stay calm and brave. Look at the 'Emotional Map' below. Match each scenario to the feeling it describes, and then write down one 'calm-down' strategy you could use in that situation.

Word bank: Anxious · Frustrated · Proud · Overwhelmed · Content · Disappointed

1. Scenario 1: You have been trying to solve a tricky maths puzzle for twenty minutes and the answer still won't come. Which feeling is this? Suggest a strategy. (2 marks)

2. Scenario 2: You worked very hard on a piece of art and your teacher told the whole class how much they liked your effort. Which feeling is this? Suggest a strategy. (2 marks)

3. Scenario 3: You are about to stand up in front of the school to read a poem you wrote, but your tummy feels a bit fluttery. Which feeling is this? Suggest a strategy. (2 marks)

4. Scenario 4: Your sports team didn't win the match today, even though you all played your best. Which feeling is this? Suggest a strategy. (2 marks)

5. Scenario 5: There is so much homework, music practice, and chores to do that you don't know where to start. Which feeling is this? Suggest a strategy. (2 marks)

Draw: Draw a 'Calm-Down Corner' for Leo the Lion. Include items that would help him feel peaceful, such as a soft rug, a book of poetry, or a view of the sunset.

Extension challenge: Think of a time you felt a very strong emotion. Write a short diary entry from your perspective explaining what triggered the feeling, how it felt in your body, and what you did to manage it.