Exploring Our Feelings with Nova and Leo

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

Read the front of each card to identify the emotion or scenario. Flip the card mentally (or check the answer provided) to learn about the feeling and how to manage it. Use these cards to discuss how Nova and Leo might react in different situations.

Resilience

The ability to bounce back or recover quickly from difficulties. Leo the lion shows resilience when he tries a new poem many times until it sounds perfect.

Empathy

The capacity to understand and share the feelings of another person. Nova the owl uses empathy when she listens to a friend who is feeling sad.

Frustration

A feeling of annoyance when things are not going the way we want. It is helpful to take a deep breath when you feel this way.

Contentment

A state of happiness and satisfaction. It is the peaceful feeling of being happy with who you are and what you have.

Anxiety

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Optimism

Hopefulness and confidence about the future or the successful outcome of something.

Self-regulation

The ability to manage your own emotions and behaviour in response to what is happening around you.

What is a 'calm-down' strategy?

A technique, such as deep breathing or counting to ten, used to help manage strong emotions like anger or anxiety.

Why is it important to label your feelings?

Identifying and naming an emotion helps you to understand it better and decide on the best way to respond to it.

What does a 'supportive friend' look like?

Someone who listens without judging, offers kind words, and respects how you are feeling.

How does exercise impact our feelings?

Physical activity releases chemicals in the brain that can help improve our mood and reduce feelings of stress.

Is it okay to feel more than one emotion at once?

Yes, it is perfectly normal to feel a mixture of emotions, such as feeling nervous but also excited about a new challenge.