Exploring Our Feelings with Nova the Owl

Learning objective: To identify, describe, and understand how to manage a range of complex feelings, and recognise that all emotions are a natural part of being human.

Read each question carefully. Nova the Owl is here to help you think about your emotions. Answer all 10 questions to earn your Emotional Intelligence Badge!

Answer Key: 1. C (All of the above), 2. True, 3. False, 4. Empathy, 5. True, 6. False, 7. B (Taking deep breaths), 8. Resilience, 9. False, 10. True. Remember: It is okay to feel big emotions, but it is important to choose healthy ways to express them.

Word bank: Resilience · Empathy · Mindfulness · Frustration · Strategy · Calm · Wellbeing

1. 1. Nova is feeling a bit overwhelmed. Which of these is a healthy way to manage a big feeling? A) Keeping it hidden, B) Shouting at a friend, C) Taking deep breaths and talking to an adult, D) Doing nothing.* (1 mark)

2. 2. True or False: It is completely normal to feel more than one emotion at the same time (e.g., feeling both excited and nervous for a school trip). (1 mark)

3. 3. True or False: If you feel angry, the best thing to do is to hurt someone else's feelings. (1 mark)

4. 4. What is the word for understanding and sharing the feelings of another person? (Hint: It starts with E) (1 mark)

5. 5. True or False: Talking to a trusted adult about how you feel can help make a big problem feel smaller. (1 mark)

6. 6. True or False: Boys and girls only have specific 'allowed' emotions, like girls being sad and boys being angry. (1 mark)

7. 7. You are struggling with a difficult maths problem and feel frustrated. What is the best strategy? A) Giving up immediately, B) Taking a break and trying again later*, C) Blaming your teacher, D) Tearing up your work. (1 mark)

8. 8. What is the term for the ability to 'bounce back' after something difficult happens? (Hint: It starts with R) (1 mark)

9. 9. True or False: If a friend is feeling sad, it is best to ignore them so they have space. (1 mark)

10. 10. True or False: Your wellbeing is important, and it is okay to ask for help if you are feeling low. (1 mark)

Draw: Draw a picture of Nova the Owl sitting on a branch. Around Nova, draw different 'emotion clouds' that show how she might feel during a busy day, using colours to represent feelings (e.g., blue for calm, yellow for happy, orange for excited).

Extension challenge: Write a short poem or a 'feelings journal entry' about a time you felt a very strong emotion. Explain what you did to help yourself feel calm again, just like Nova the Owl would!