Understanding Our Emotions with Max and Nova

Learning objective: To identify, describe, and develop strategies to manage a range of complex feelings and understand how they affect our behaviour.

Read each question carefully and think about how different situations might make someone feel. Use the word bank to help you express your ideas clearly.

Max the monkey sometimes finds maths puzzles tricky, which can make him feel frustrated. Nova the owl often observes how Max feels and helps him look at the puzzle from a different perspective. Everyone experiences a wide range of emotions, and learning how to recognise them is the first step to feeling in control.

Word bank: Overwhelmed · Resilient · Frustrated · Empathetic · Content · Anxious · Strategy · Perspective

1. Max is working on a difficult maths puzzle and begins to feel frustrated. What is one physical sign that might show Max is feeling this way, and what is one 'strategy' he could use to calm down? (2 marks)

2. Nova sees that her friend is feeling overwhelmed. Define what it means to be 'empathetic' and explain how Nova could show this to Max. (2 marks)

3. Think of a time you felt anxious about a new challenge. How did your feelings change once you successfully completed the task? (2 marks)

4. Why is it important to talk about our feelings rather than keeping them bottled up? Explain the impact this has on our mental wellbeing. (2 marks)

5. If a friend is feeling low, list two positive actions you could take to support them. (2 marks)

Draw: Draw a 'Feelings Garden'. In your garden, represent three different emotions as plants or flowers (for example, a 'calm' daisy or a 'frustrated' prickly cactus). Label each one with the emotion it represents.

Extension challenge: Write a short poem from the perspective of an emotion, like 'Joy' or 'Worry', describing where you feel it in your body and what you make a person want to do.