Exploring Our Feelings with Nova the Owl

Learning objective: To identify and describe a range of feelings and understand how different situations can influence our emotional wellbeing.

Nova the owl has been observing how different emotions can affect our bodies and our choices. Use this writing scaffold to write a reflective piece about a time you experienced a strong emotion. Think about what happened, how your body reacted, and how you managed your feelings.

As Nova perched high in the old oak tree, she noticed that feelings are like the changing weather; sometimes they are sunny and calm, while other times they bring a sudden storm.

Word bank: consequently · furthermore · initially · nevertheless · a rush of · overwhelmed · contentment · perspective · on the other hand · resilient

1. The Situation: Briefly describe the event that triggered your emotion. Start with: 'The moment that stands out to me occurred when...' (2 marks)

2. Physical Responses: How did your body feel in that moment? Start with: 'My physical reaction was... I felt this because...' (2 marks)

3. Managing Emotions: What positive strategy did you use to help yourself stay calm or process the feeling? Start with: 'To help me manage these feelings, I decided to...' (2 marks)

4. Reflecting on the Outcome: How did you feel after the event had passed? Start with: 'Looking back on the situation, I realise that...' (2 marks)

5. Supporting Others: If a friend felt the same way, what advice would you give them? Start with: 'If I were talking to a friend, I would encourage them by saying...' (2 marks)

Extension challenge: Write a short poem, in the style of Leo the Lion, describing what a specific emotion might look like if it were a colour or a type of weather.