

# Feeling words

This is a list of feeling words. Read through it before every activity. As you are working through the activities, circle any words the children are using regularly and confidently, star any that they have mentioned and highlight any that you think would be useful for them to learn as a next step. This will extend their 'feelings' vocabulary.



## HAPPY

Pleased  
Cheerful  
Glad  
Excited  
Loved



## SCARED

Worried  
Afraid  
Frightened  
Nervous  
Anxious



## SURPRISED

Shocked  
Confused  
Amazed  
Horrorified  
Startled



## SAD

Miserable  
Upset  
Hurt  
Down  
Disappointed



## ANGRY

Mad  
Grumpy  
Cross  
Grouchy  
Frustrated



## CALM

Relaxed  
Peaceful  
Chilled  
Quiet  
Still

**Feeling faces 1/6**



**Feeling faces 2/6**



**Feeling faces 3/6**



**Feeling faces 4/6**



**Feeling faces 5/6**



Feeling faces 6/6



# Letter for Parents/Carers

Date

Dear Parent(s)/Carer

Over the next few weeks we will be learning about relationships and belonging. Through activities, the children will explore how they belong in the class and at home, and what is special about it. We will also learn how to play cooperatively. We will link this to rights from the Universal Declaration of Human Rights.

As part of the project, we'll ask your child to bring in a photo of the special people in their life. This can include people, pets or even special toys. It will be used for a class display. It will help us if your child's name is written on the back of each photograph. If you need any assistance with this, please let us know.

Thank you for your help.

Best wishes

Class Teacher

# All Kinds of Families 1/4



# All Kinds of Families 2/4



# All Kinds of Families 3/4



# All Kinds of Families 4/4



# Visualisation

Teachers should read this out in a soft, gentle voice.

Now you are lying down let your body relax. You've been jumping and dancing and your heart is probably beating fast and you are probably breathing fast too.

When you are comfortable, close your eyes.

Imagine you are lying somewhere really special.

This might be your bed.

Or on a chair.

Or on someone's lap.

Or just here lying on the floor.

*(Pause)*

Take a deep breath....

Think about your body and how it feels.

Relax your head...

Relax your shoulders...

Relax your arms...

Relax your back and your tummy...

Relax your legs... and your feet...and your toes.

Take another deep breath...

Imagine you are lying in the grass and you can feel the warm sun shining down on you.

Maybe you can hear some birds singing...

Maybe you can hear some bees buzzing...

Maybe you feel sleepy...

*(Pause)*

Now you are back here lying on the floor.

Slowly open your eyes.

Slowly sit up and come back to the circle/carpet/chairs.