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

Horrified

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				
D D 1/)	10			
Dear Parent(s)/	Carer			
and belonging. they belong in it. We will also	few weeks we will. Through activities the class and at how to play the Universal Declar	s, the children wi ome, and what is cooperatively. W	ill explore how s special about e will link this	
of the special poets or even sp will help us if y	oroject, we'll ask y beople in their life. becial toys. It will b our child's name is you need any assi	This can include be used for a cla s written on the I	e people, ss display. It back of each	
hank you for	your help.			
Best wishes				
Class Teacher				

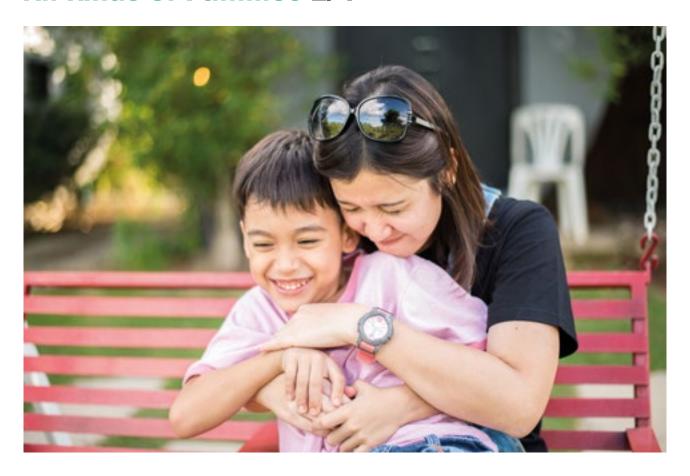
All Kinds of Families 1/4





Resource Sheet 4

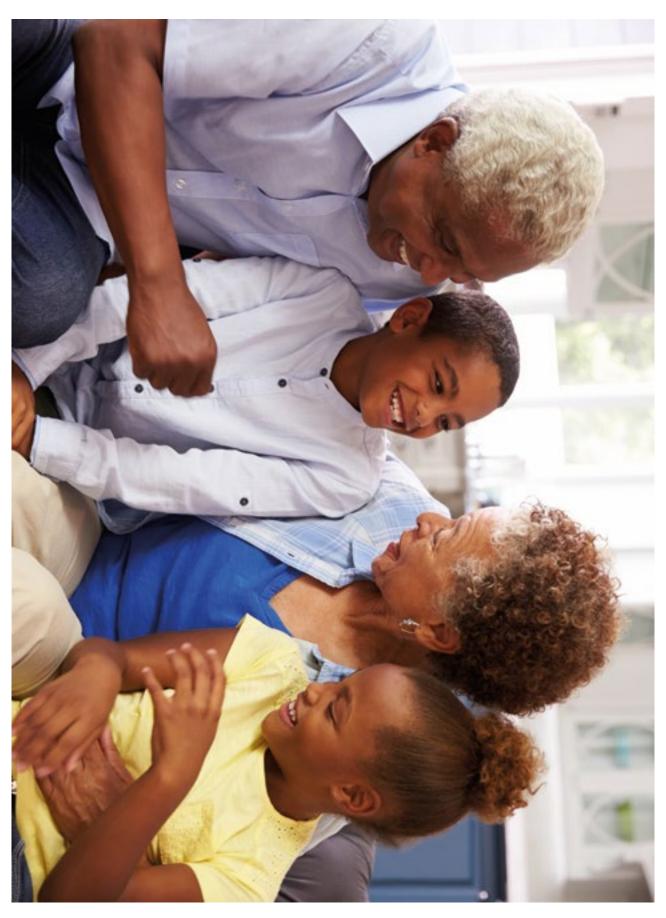
All Kinds of Families 2/4





Resource Sheet 4

All Kinds of Families 3/4



Resource Sheet 4

All Kinds of Families 4/4



Resource Sheet 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.