
Faces

Learning Outcomes:

- To help the child(ren) discuss how they feel, currently and in different situations.

Equipment:

- Faces sheet

Instructions:

Using the faces sheet, get the child(ren) to colour or ring one or two faces showing how they are feeling at the moment.

Discuss with them what face they chose and why. Use this as a chance to talk about how we feel – that feelings are ok, and we can learn to use them positively.

If you want, and if appropriate, you can develop this to use when talking about, for example, healthy relationships – how would certain things (e.g. being bullied) make someone feel, for example.

(Obviously, how you approach this depends very much on your child(ren), their age, temperament etc.)

National Curriculum: Primary: Pupils should know: - that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

How do you feel ?

