

Session 3.1: Recognising feelings

Activity sheet 3.1.1: Different feelings

We have lots of different feelings.

Think of as many feelings as you can.



You can write or draw them here.

Activity sheet 3.1.2: Angry, sad, scared and happy

There are a lot of different feelings.

The main 4 feelings are angry, sad, scared and happy.

Draw lines to match the pictures with the words.

	Angry
	Sad
	Scared
	Happy

Activity sheet 3.1.3a: Reading people's feelings 1

You can often tell what people are feeling by looking at their faces. Look at these faces and put the feeling underneath.

Choose from

happy

sad

scared

angry



.....

.....



.....

.....

Activity sheet 3.1.3b: Reading people's faces 2

Consider the faces in the previous Activity sheet 3.1.3a. Talk about how you know what they are feeling.

Some of the facial expressions look a little different to the ones in Activity 2. Can you see any differences?

Make your face show the different feelings.

Activity sheet 3.1.4: Different feelings, different faces

Look at feeling cards or pictures that your group leader gives you. Talk about the different expressions on their faces. Can you tell what the feelings are? Some are easier than others.

It is not always easy to tell what someone is feeling using a photograph.

Activity sheet 3.1.5: Expressing your feelings

Tone of voice can help us recognise what someone is feeling.

Practise saying 'Hello' showing different feelings.

- An angry 'Hello' might be loud and abrupt.
- A sad 'Hello' might be quiet and slow.
- A scared 'Hello' might be shaky or quiet. It might instead sound like a scream.
- A happy 'Hello' might be relaxed. It might be not fast or slow. It might not be loud or quiet.

You may think of other ideas.

What people say might show you what they feel as well.