

Session 3.3: Recognising your own feelings

Activity sheet 3.3.1: How does your body show it is angry?

You can tell what other people are feeling by looking at them and listening to what they say and how they say it.

In this session we will think about how we can tell what we ourselves are feeling. We can notice what is going on inside our bodies.

When we are angry we may feel tense. Our hearts may be beating fast.

Can you think of one more thing that happens to your body when you are angry?



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Think of a time when you were angry.
What made you angry?

Activity sheet 3.3.2: How does your body show it is sad?

When we are sad, we may feel we have no energy and our shoulders droop.

Can you think of one more thing that happens to our bodies when we are sad?



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Think of a time when you were sad.

What made you sad?

Activity sheet 3.3.3: How does your body show it is scared?

When we are scared our hearts may beat fast.

Can you think of one more thing that happens to our bodies when we are scared?



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Think of a time when you were scared.

What made you scared?

Activity sheet 3.3.4: How does your body show it is happy?

When we are happy we may feel we have lots of energy.

Can you think of one more thing that happens to our bodies when we are happy?



Think of a time when you were happy.

What made you happy?

Activity sheet 3.3.5: Making a poster about recognising feelings

Make a display or poster about recognising feelings. Decide in your group how you will do it together.