

The Character Curriculum

Flourishing for Life



<p>Y1: Feelings L1 - Naming different feelings</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To name a range of feelings and recognise what they may look like. 	<p>Key vocabulary: Feelings, happy, sad, angry, embarrassed, confused, bored, calm, nervous, scared, jealous, lonely, proud, relaxed, surprised, worried (etc.) Key virtues: Respect, compassion, curiosity</p>
<p>Resources:</p> <p>Feelings images (resource 1)</p>	<p>Statutory links: Relationships Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - 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. 	
<p>Key questions:</p> <p>What words do you know for different feelings?</p> <p>How do you know what someone is feeling?</p> <p>When have you felt...? What caused that feeling?</p>	<p>Learning activities:</p> <p>Starter: Feelings words</p> <p>Ask the children to name as many feelings as they can and write them on a flipchart/smartboard.</p> <p>Choose a few of the feelings words and discuss what that feeling might be like. You might want to get the class to pull a face that shows that feeling? How else might you show that feeling? When have you felt that feeling?</p> <p>Activity 1: Naming feelings</p> <p>Ask children, in pairs or small groups, to name the different feelings represented by the pictures. There is not a single, correct answer, so they should be encouraged to explain their reasons. Ask children to describe why they think the child might be having that feeling and what might have happened before the photograph was taken.</p> <p>Activity 2: I felt... when...</p> <p>Ask children to choose one of the feelings words from the starter activity and draw a picture/write a few sentences about a time when they have felt one of those feelings.</p>	

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Plenary: Guess the feeling

Watch the following clips from Inside Out and guess the feeling that the character is experiencing:
<https://www.youtube.com/watch?v=dOkyKyVFnsS> [accessed 20.05.2020].

You may want to discuss:

- What has happened?
- Why is the girl feeling like that?
- How do you know?
- What might she do next?

