

Activity 3

SMALL AND BIG FEELINGS

Age: 7–11

Context

We will experience a range of feelings and emotions through our lives and our mood can be affected by different situations and circumstance. It is important that children understand how their emotional state can affect the way that they think and behave in addition to the impact of the expression of their feelings on others. Children should know that their emotions are valid and that finding socially acceptable ways of how they express these emotions will help them to cope with big feelings.

Learning outcomes

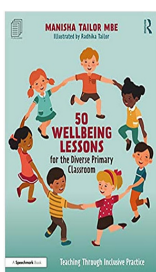
The children will have an opportunity to:

- Recognise and respond to a wider range of feelings
- Understand good and not so good feelings and associated language
- Recognise that they may experience conflicting emotions
- Reflect upon how they would react in different situations

Activity

This activity provides children with an opportunity to explore emotional state through a range of scenarios. Explain to the children that they are going to be talking about feelings. Pose the question: What do feelings mean to you? What are small and big feelings?

Children may begin by experiencing small feelings, which can spiral and manifest into big feelings. However, this will be determined by the individual as well as external factors. A word wall on the board could be generated with small and big feelings.



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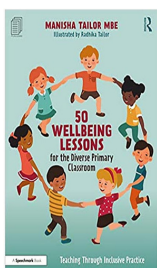
Use the associated feeling cards to stimulate discussion on small and big feelings, guided by the questions for thinking. Encourage children to think about their response mechanism to, during and after the example that they have provided and possible impact on others.

Questions for thinking

- Can you think of an example of when you have felt this way and why?
- Did your reaction affect others? If so, how?
- How would you help someone to manage sad feelings?
- What are the benefits of managing sad feelings?
- How do you manage big feelings?

Resources

- Feeling words



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Feeling words

Angry

Hopeful

Sad

Happy

Excited

Worried

Stressed

Annoyed

Compassionate

Bored

Jealous

Tired

Surprised

Kind

Scared

Confident

Disappointed

Ashamed

Depressed

Nervous

Loved

Lonely

Proud

Embarrassed