

Feelings Mind Map

This reading card supports the following SEL concepts:

- ★ Consequences
- ★ Feelings



SEL Top Tips for Reading

★ **If you are feeling frustrated whilst trying to read a new word;**

- 1) use the Steps to Calm Down
- 2) say to yourself how you feel and what your problem is
- 3) think of the strategies your teacher has taught you to solve the problem
- 4) choose a strategy and try it out

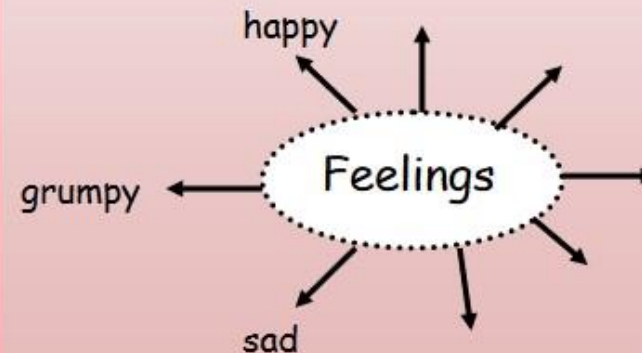
★ **Whilst reading your book try to think about;**

- a) How the characters are feeling
- b) How you would feel if you were the character in the story
- c) How different parts in the story make you feel

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Feelings Mind Map

Read your book and then choose your favourite character. Make a mind map with the word feelings in the middle and write down around it all of the feelings which your character has throughout the story. You might want to use the pictures as clues to help you.



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