

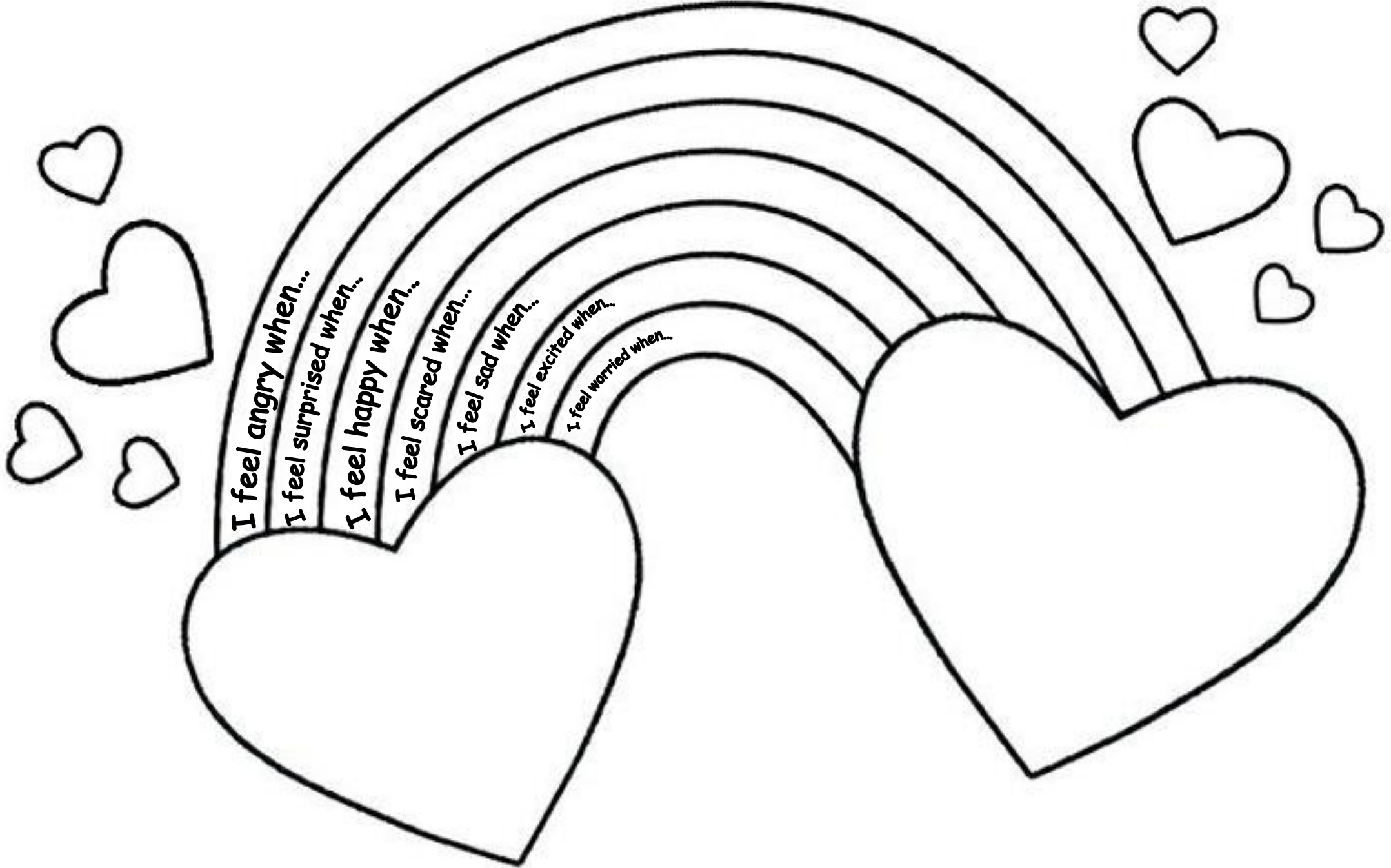
## Religious and Moral Education - My Rainbow of Feelings

Over the next eight weeks, we will be exploring 'feelings' as our topic in RME. We will use the Twinkl mood monsters to help us. We will work through the feelings in the order the mood monsters are presented in the poster pack: happy, sad, angry, surprised, scared, excited and worried (we will skip calm and tired, but feel free to talk about them on your own). We will then think about how we all experience a mixture of emotions at any one time.

For each session, please work on only the feeling indicated and don't jump ahead (it is not a race!) as the children benefit from being given time to absorb and process the information and how it relates to them. Talk to your child about the feeling and what it means, using the relevant mood monster poster to help you. Talk about how each emotion may make them feel. Talk about things they may do when having that feeling, e.g. when I am happy, I might jump up and down and squeal, when I am sad, I might cry. Talk about things they can do to help them cope with those feelings, e.g. find a quiet place, talk to someone. Encourage them to think of experiences that might make them feel that way, e.g. I feel happy when I get a new toy, I feel sad when I don't get to watch the programme I wanted (these things may seem trivial to us but influence how our 5 and 6-year olds feel, so try not to be judgemental). Try to talk honestly about how and when you have experienced these feelings too.

Next, from your discussion, ask your child to write one sentence about something that makes them feel that way. You can choose for them to complete the template below with text added or the blank one, where they need to write the full sentence themselves. Then ask them to use the appropriate rainbow colour (if possible) to either lightly colour over that strip or to colour it on another template, if you would rather have one for colouring and one for writing. Finally, use that same colour to colour one of the small hearts next to the rainbow (you can also ask them to colour the title at the top and big hearts at the bottom at any time). This way they will start to build up a picture of their assorted feelings over the weeks and will hopefully come to see that even the unpleasant emotions can combine with the pleasant ones to make a beautiful rainbow! This will also link into the final task in week 8.

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