

Emotion Works

Week 3

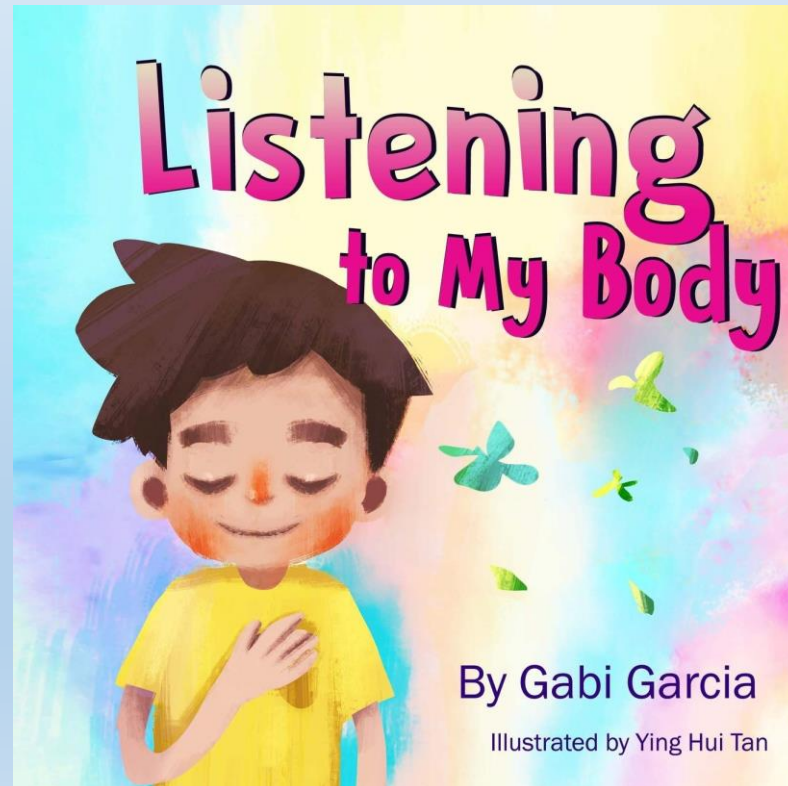
This is the
red-pink cog.



It helps us to notice and think about *the sensations*
in our body when we feel an emotion.

Watch

- Listen to the story. As you listen you have some activities to try out with an adult. You can pause the story to practise them!
- <https://www.youtube.com/watch?v=NIV00-BUvlo&t=9s>



Think

- We feel a lot of sensations in our body when we are feeling our emotions.
- How does your body feel when you are

SAD?

HAPPY?

ANGRY?

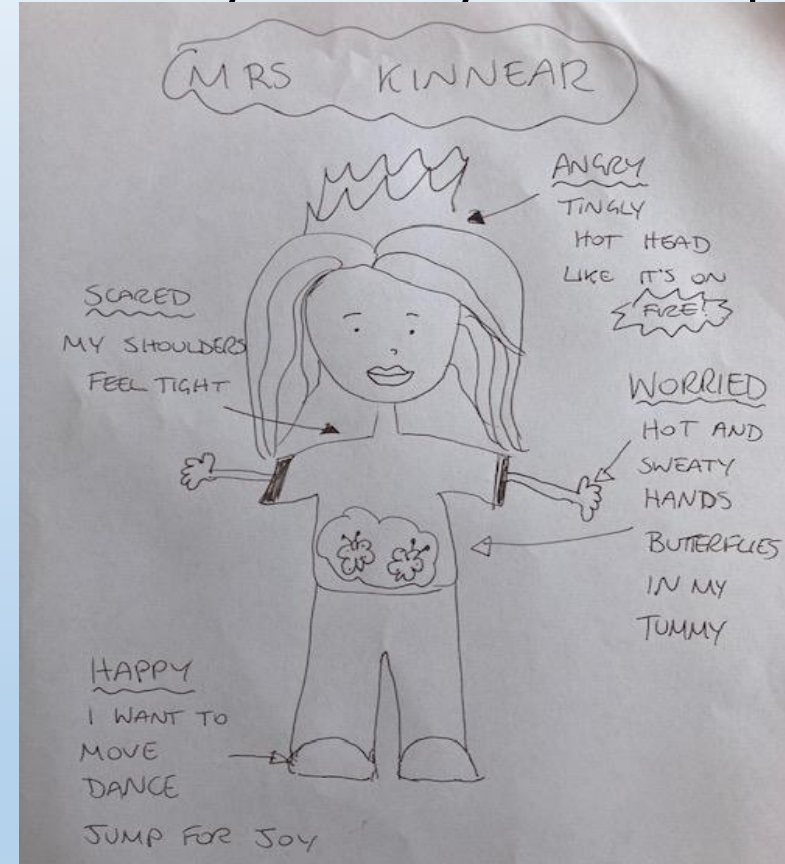
WORRIED?

We all feel our emotions in different ways, and knowing how our body feels can help us when we want to change how we are feeling.

Create

- Draw a picture of yourself that shows you from head to toe.
- Label your drawing to show what emotions feel like in your body. Here's a picture to help you!

This is how some emotions feel in my body.
Are any the same as you?
What's different?



- Challenge! Can you think about ways to make yourself feel better if you don't like the body sensation?

Share

- If you would like to share your picture of your body sensations we would love to see them! Share in your class blog or tweet @TEAMUphallPS

