

Emotion Works

Week 4

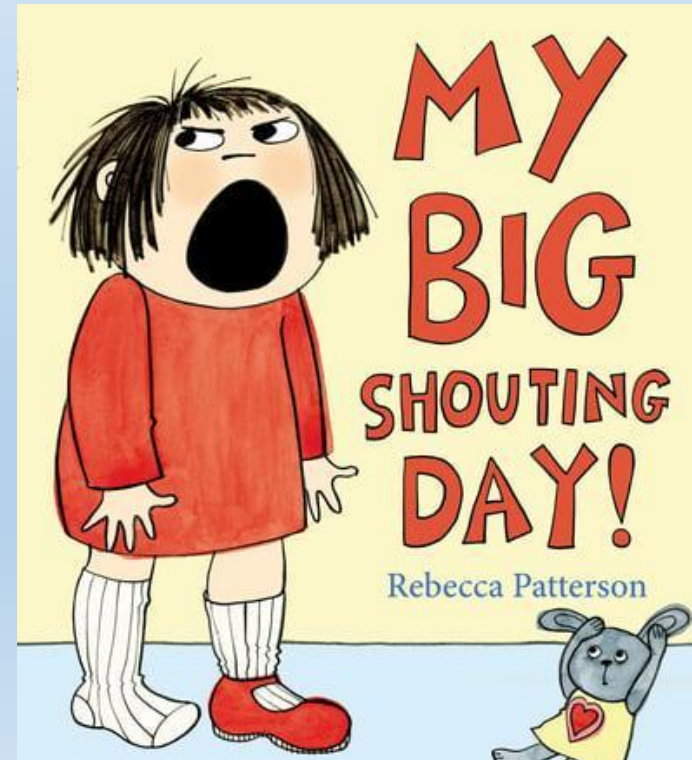
This is the
yellow cog.



It helps us to think about *the things that 'trigger' or cause our feelings and emotions.*

Watch

- Watch this clip - My Big Shouting Day
- There are lots of things that makes Bella shout! How many can you remember?
- Is there anything that makes Bella shout that makes you cross too?
- <https://www.youtube.com/watch?v=dnS7PllYi44>



Think

- Think back to the work you did on week one about emotion words.
What makes you;

SAD?

HAPPY?

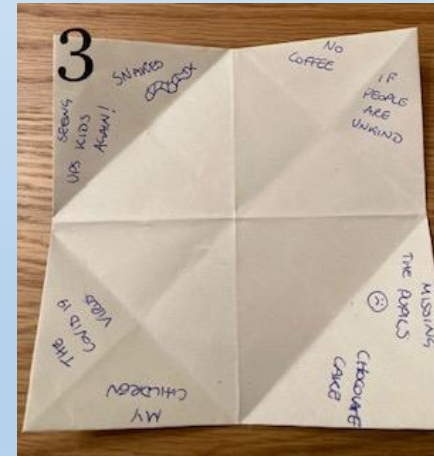
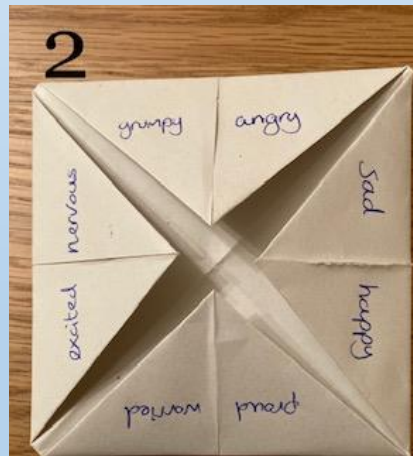
ANGRY?

WORRIED?

We call the things that make us feel our emotions “triggers”.

Create

- Create an Emotions Trigger-Teller based on how you are feeling right now. You might need to get a grown-up or a big brother/sister to help!
- Here is a link to help you - <https://www.youtube.com/watch?v=TZauQZzXXc4>
- On the outside you can pick a colour.
- On the inside write an emotion.
- Under the flap write your trigger!



- Challenge! Play with a member of your family and see if they can guess your triggers!

Share

- If you would like to share your picture or video of your Emotions Trigger-Teller we would love to see them! Share in your class blog or tweet @TEAMUphallPS

