

# MY THOUGHTS, FEELINGS & BEHAVIOURS:



## EXPLORING FEELINGS

### Lesson Objectives:

- Children will have the opportunity to think about different emotions and explore how people may look and act when they have these feelings.
- Children will learn that feelings are neither good or bad, right or wrong. It is how we behave when we have these feelings that make them either positive or negative.
- Supports key messages from the Protective behaviours Taking Care Programme.

### Key Messages:

Children will explore the feelings they know, and how they affect our behaviours. The lesson will support Key messages from Protective Behaviours including:

There are no such things as good or bad feelings - feelings are feelings. Not good or bad, right or wrong. Sometimes people choose to behave unsafely when they have big feelings that result in them being either good or bad.

### Closing:

**There are no such things as bad feelings.** But sometimes the way we behave makes a feeling good or bad. We all can all feel angry, or sad or worried from time to time. It is perfectly natural to feel this way, **but it is never ok to hurt others or yourself. There are other ways - better ways of dealing with them.**

# CARRYING ON THE CONVERSATION AT HOME:



Ask your child how many different feelings they know... play a game pulling funny faces or acting out different feelings.

Ask your child if they know any 'good' or 'bad' feelings - and remind them there is no such thing.

Talk through any difficult behaviours your child may have and talk through different strategies they can use to tell you about how they feel or things they could do instead of the behaviours you would like them not to act out.

Remind them it is ok to some times get upset, frustrated or angry... and that we all feel like that from time-to-time but make sure you give them things they can do to help manage those big feelings at home.



## Useful Links:

- There are some fantastic books listed in our library about emotions and managing big feelings. Check them out here: