



Year 1

PSHE

Thursday 11th June p.m.

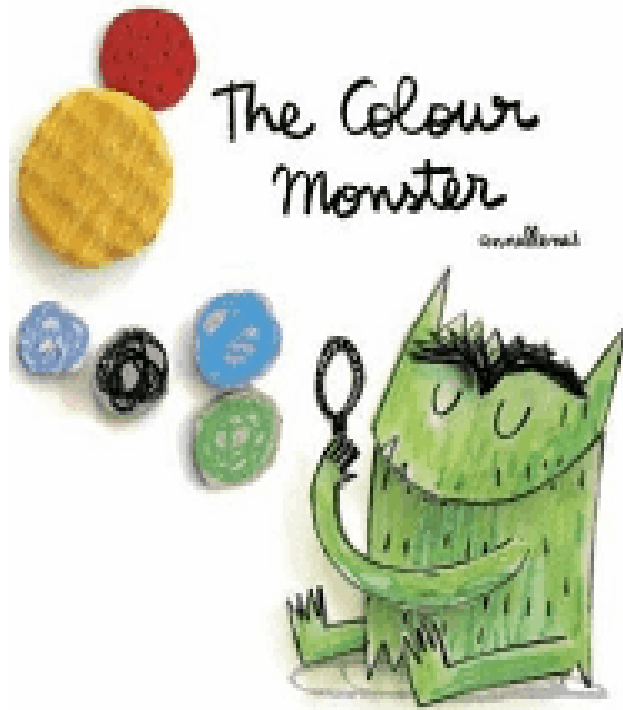


Today we are thinking about all the different emotions we experience

Name as many different types of emotions you can

Listen to the story being read

<https://www.youtube.com/watch?v=Ih0iu80u04Y>





Colour Monster had to sort out his emotions. Sometimes we feel like him and It is hard to put into words how or why we feel all mixed up. We too can feel angry, happy, calm, sad and scared. But being able to recognise our different emotions and naming them helps us explain our feelings when we are all in a muddle.

In the story the little girl helped him understand what each feeling was through colour

• YELLOW	–	HAPPINESS	BLUE	–	SADNESS
• RED	–	ANGER	BLACK	–	FEAR
• GREEN	–	CALM			
and					
• PINK	–	LOVE			

Can you make your face show these feelings?

What about the colours orange, purple, grey, brown, white – which feelings and emotions do they provoke?

What other feelings can you show?

What colour would worry be? Would it be dark like fear (black)?

We can write our worries down and put them in our class

Worry box (Sycamore it's a box now, the worry monster we had in class is having a bath and a rest at my house!)

Writing them down shares any worries we have and we may find we No longer have to worry or we could talk to an adult and share the worries





Recap the feelings What does each jar represent?





Activity

Colour the monsters and name the feelings.

You could also draw another one and colour it differently

Can your monster's face show the feeling you are thinking about?



Plenary

- Show your new monster picture and explain what feeling it is showing.

