



Key Stage 1 Emotions

Task 1: HEART SONG

Watch the clip from the film 'Happy Feet - Gloria's Heart Song' (Day at School):

<https://m.youtube.com/watch?v=EKA8wkU5tdk>

Challenge: Dance, perform or sing to your favourite (heart) song.



Task 2: WORD SEARCH

How do you think Mumble felt when everyone laughed at him?

Can you find all the emotions that Mumble might have felt? Can you think of any more?

u	n	h	a	p	p	y	x
e	r	u	s	t	t	y	s
k	v	r	n	g	y	m	h
j	a	t	m	d	l	o	y
h	f	x	u	p	s	e	t
m	s	t	u	p	i	d	d
z	a	l	o	n	e	c	f
q	d	t	p	o	y	u	m

unhappy, sad, stupid, alone, upset, shy

Task 3: THE POWER OF WORDS

What we say and how we say it can affect how other people feel.

Words that make people feel **sad** could be called cold and prickly words.

Words that make people feel **good** could be called warm and fuzzy words.

Can you invent a 'Warm and Fuzzy' and a 'Cold and Prickly' character?

Draw your ideas below.

WARM AND FUZZY

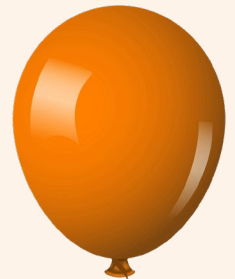
Cold and Prickly

Task 4: MUSICAL BALLOONS

Provide each person playing the game with a balloon. When the music starts ask everyone to keep bouncing their balloons into the air and dance to the music.

When the music stops everyone must freeze. The person who freezes and holds the balloon in their hand first wins a point.

The first person to five points wins the game.

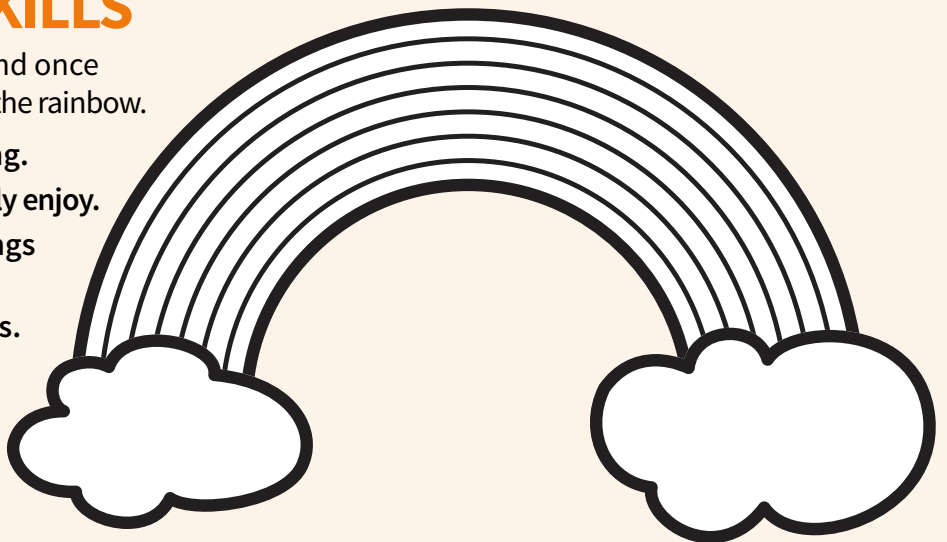


Task 5: CHILL SKILLS

Complete each skill together and once completed colour in a section of the rainbow.

1. Listen to your favourite song.
2. Do something active you really enjoy.
3. Go outside and notice 5 things in nature.
4. Make a den full of soft things.
5. Bake something delicious.

Can you create your own chill skill rainbows that could help you relax?



Together we have completed the **Emotions Module** for PSHE Matters. 

Signed

Signed