



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

ME & MY FEELINGS



AIM

In an average day, we can experience a wide range of feelings, from happy and excited to sad and upset. Explore these feelings and how we might handle them. Link to Children's Mental Health Week (6th to 12th February).

WHAT YOU'LL NEED

- Me & My Feelings Emotions Cards
- Me & My Feelings – Toby's Story



GET ACTIVE: ME & MY FEELINGS

THEME: ME & MY WELLBEING



LEADER PREPARATION

A leader will need to print off the required sheets for this activity. These then need to be cut into their individual cards beforehand.



Print the Me & My Feelings Activity Sheets



GETTING INTO THE ACTIVITY

Use the activities to help children to talk about and reflect on their feelings. Whilst completing the activities take an opportunity to remind children that having a range of feelings is normal and that talking about your feelings is healthy.

My Feelings

- 1 Challenge the group to come up with the names of as many feelings as they possibly can. This could be completed as one big group activity, or you could split into pairs/small teams.

Expressing My Feelings

- 1 Explain that it's important we talk about and express our feelings, whether they be happy or sad feelings. We should never try to bottle up how we feel, because this might make us more upset and people won't be able to help us if they don't know how we feel.
- 2 Play a game of 'Feelings Charades'. A child should secretly pick out one of the nine feelings cards and then act out that emotion to the rest of the group for them to try and guess. Keep playing, with children taking it in turns to act out one of the feelings.

Toby's Story

- 1 Cut up the six emotions from the Activity Sheet and place these around your meeting space.
- 2 Explain to the group that you're going to read a story about Toby and his day. During the story there will be pauses. At these pauses, children must go and stand at the emotion that they think Toby is feeling.
- 3 After children have gone and stood at an emotion, ask one or two children why they think Toby might be feeling that emotion. There isn't a 'correct' answer each time, this activity is focused more on children identifying with the situation and an emotion that might match.



IDEAS TO TAKE THIS FURTHER...

Take on other activities focused on feelings and emotions such as creating paper plate emojis, telling jokes to make people laugh or talking about who we can talk to when we are sad.



KEEPING EVERYONE SAFE

Talking about feelings and emotions can be difficult for some children. Be ready to adapt the activity should anyone start feeling upset or uncomfortable.

ME & MY FEELINGS



Worried



Confused



Tired



Scared



Happy



Curious



Sad



Angry



Upset

ME & MY FEELINGS - TOBY'S STORY

PART 1

Toby woke up with alarm clock and yawned really loudly. It was really early and Toby wished he could have just 10 more minutes in bed, before he had to get up for school. **Toby was feeling**

PART 2

Toby walked downstairs and sat at the table ready for breakfast. It was then that he noticed a box of Coco Pops on the side. They were his absolute favourite breakfast cereal and he hadn't had them in ages!! "Thanks Mum, you're the best!" Toby shouted to mum. **Toby was feeling**

PART 3

Whilst Toby was eating his breakfast he thought about his school day ahead. Yesterday he had had a bit of an argument with his best friend and left school not talking to him. Toby was wondering if they would still be friends today or if the argument would still rumble on. Toby hoped they would still be friends, but he wasn't sure. **Toby was feeling**

PART 4

On the way to school Mum was driving the car and he was in the back with his little sister. Toby was minding his own business and looking out the window, when suddenly his little sister threw her bottle directly at Toby. It hit Toby on the head and really hurt!! "You're such an idiot!!" shouted Toby. Toby's head really hurt, his sister was just laughing and Mum wasn't paying him any attention as she was driving. **Toby was feeling**

PART 5

Toby arrived at school and went in to class. He sat down at his desk and his best friend came and sat down with him. "Sorry about yesterday, I was being stupid. Are we still friends?" he said. "Of course we are! I'm sorry too", replied Toby. They both then hugged and then chatted and laughed with each other as everyone else was coming into school. **Toby was feeling**

PART 6

School has started and first up was maths. Toby's teacher had been trying to teach the class fractions but Toby really didn't understand them. Everyone else seemed to be getting the fractions correct, but Toby couldn't get any of them! "Fractions are rubbish!!" Toby said. **Toby was feeling**

PART 7

At lunchtime Toby went out to play football. Football was his favourite sport and he loved playing it at lunchtime with his friends. Toby managed to make a great tackle, he then ran up the pitch dodging four tackles along the way. He got to the goal and took a shot. The ball curved around the person in goal and went in. Toby had put his team in the lead and all his friends came over to give him high fives. "That was the BEST goal I've ever seen" said one of Toby's friends. **Toby was feeling**

PART 8

At the end of the school day Toby was really struggling to stay awake. It had been a really long day of school and all that running around at lunchtime had really taking it out of him. He just had a few minutes left of his lesson, but it felt like forever until he could go home. **Toby was feeling**



Tired



Happy



Sad



Angry



Excited



Worried