Accompanying resources for key stages 1 and 2

This resource pack is designed to be used with the PSHE Association’s guidance document *Preparing to teach about mental health and emotional wellbeing and key stage 1 and 2 lesson plans.*

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1. Feeling words to cut out

These words can be adapted to suit the age and stage of your class. You might consider providing a different range of words to pupils of different abilities.

- Happy
- Sad
- Unsere
- Confused
- Angry
- Lonely
- Embarrassed
- Surprised
- Determined
- Questioning
2. Faces feelings

This activity requires pictures of faces expressing a range of emotions. We have included examples you can use. You may choose to source faces that your pupils will relate better too – faces of favourite characters can work well.

Use your knowledge of the group of pupils you are working with to determine whether any types of faces should be avoided. For example, some children may find angry faces scary which can be distressing and will impact on their ability to learn even once they have been reassured.
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3. Matching feelings resource
Can pupils match the feeling to the face? Cut up the faces and text boxes and ask them to pair the correct face with the correct word, or alternatively ask them to draw a line to connect each face to the right word.

Confused  Sad

Delighted

Surprised

Happy  Angry
4. Cartoon faces feelings
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5. Feelings Bingo – game cards and teacher’s cards

Bingo Game Card 1

Lonely  Happy  Angry
Surprised  Excited  Thoughtful
Tired  OK  Frustrated
Bingo Game Card 2

- Relaxed
- Grumpy
- Proud
- Sad
- Excited
- Scared
- Pleased
- Confused
- Satisfied
Bingo Game Card 4

Satisfied  Suspicious  Pleased

Grumpy  Lonely  Tired

Angry  Thoughtful  Frustrated
Bingo Game Card 5

Sad
OK
Scared

Excited
Lonely
Tired

Angry
Confused
Surprised

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Bingo Game Card 7

- Suspicious
- Grumpy
- Sad
- Frustrated
- Excited
- Scared
- Thoughtful
- Confused
- Satisfied

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6. Small body outlines

Draw on your body where you think you get sad/worried signs
7. My feelings framed

I can have different feelings

My feelings may change when different things happen in my life

Here is how I’d look if I got lost
Here is how I’d look if it was my birthday
Here is how I’d look if I fell over
Here is how I’d look if I won a prize
Here is how I’d look if I was told off
8. Helping hands

Who can help and what can help me

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9. Working wall hand outline
10. Colourful Feelings

Pupils can work on this in pairs or groups either tackling one colour per group and coming back together to discuss as a class or creating a whole feeling colour palette as a group.
Red feelings

__________________________

__________________________

__________________________

__________________________
Green feelings

__________________
__________________
__________________
__________________
__________________
__________________
__________________
Black feelings

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Yellow feelings
Pink feelings
Orange feelings

______________________________________

______________________________________

______________________________________

______________________________________

______________________________________

--------------------------------------------------

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Grey feelings

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

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Gold feelings

__________________________

__________________________

__________________________

__________________________

__________________________

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Silver feelings

__________________________

__________________________

__________________________

__________________________
11. Situation images

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12a. Feelings Thermometer - Happy

10 __________________________
9 ___________________________
8 ___________________________
7 ___________________________
6 ___________________________
5 ___________________________
4 ___________________________
3 ___________________________
2 ___________________________
1 ___________________________
12b. Feelings Thermometer - Sad

10
9
8
7
6
5
4
3
2
1
12c. Feelings Thermometer - Excited

10 __________________________
9 __________________________
8 __________________________
7 __________________________
6 __________________________
5 __________________________
4 __________________________
3 __________________________
2 __________________________
1 __________________________
12d. Feelings Thermometer - Angry

10 __________________________
9 __________________________
8 __________________________
7 __________________________
6 __________________________
5 __________________________
4 __________________________
3 __________________________
2 __________________________
1 __________________________
13. Feelings Thermometer – Feeling relaxed

10
9
8
7
6
5
4
3
2
1
14. Flowers are Red – Harry Chapin

The little boy went first day of school
He got some crayons and started to draw
He put colors all over the paper
For colors was what he saw
And the teacher said.. What you doin' young man
I'm paintin' flowers he said
She said... It's not the time for art young man
And anyway flowers are green and red
There's a time for everything young man
And a way it should be done
You've got to show concern for everyone else
For you're not the only one

And she said...
Flowers are red young man
Green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

But the little boy said...
There are so many colors in the rainbow
So many colors in the morning sun
So many colors in the flower and I see every one

Well the teacher said.. You're sassy
There's ways that things should be
And you'll paint flowers the way they are
So repeat after me.....

And she said...
Flowers are red young man
Green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

But the little boy said...
There are so many colors in the rainbow
So many colors in the morning sun
So many colors in the flower and I see every one

The teacher put him in a corner
She said.. It's for your own good..
And you won't come out 'til you get it right
And all responding like you should
Well finally he got lonely

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Frightened thoughts filled his head
And he went up to the teacher
And this is what he said. and he said

Flowers are red, green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

Time went by like it always does
And they moved to another town
And the little boy went to another school
And this is what he found
The teacher there was smilin'
She said... Painting should be fun
And there are so many colors in a flower
So let's use every one

But that little boy painted flowers
In neat rows of green and red
And when the teacher asked him why
This is what he said. and he said

Flowers are red, green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen.
15. Working wall paint splodges
16. Where I feel

Where I may feel my ‘happy’ signs

Draw on your body where you think you get happy/content signs
Where I may feel my ‘sad/worried’ signs

Draw on your body where you think you get sad/worried signs
17. Big feelings discussion images
18. Four ideas for feeling better in a difficult situation

When my feelings become too big or difficult to manage, here are four things I can do to make myself feel better.

1. ______________________
   ______________________
   ______________________
   ______________________

2. ______________________
   ______________________
   ______________________
   ______________________

3. ______________________
   ______________________
   ______________________
   ______________________

4. ______________________
   ______________________
   ______________________
   ______________________

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19. On The Sunny Side Of The Street

Grab your coat and get your hat
Leave your worries on the doorstep
Life can be so sweet
On the sunny side of the street

Can't you hear the pitter-pat
And that happy tune is your step
Life can be complete
On the sunny side of the street

I used to walk in the shade with my blues on parade
But I'm not afraid...
This rover's crossed over
If I never had a cent
I'd be rich as Rockefeller
  Gold dust at my feet
On the sunny side of the street

I used to walk in the shade with them blues on parade
Now I'm not afraid...
This rover has crossed over
Now if I never made one cent   I'll still be rich as Rockefeller
There will be gold dust at my feet
On the sunny
On the sunny, sunny side of the street

Songwriters: Mc Hugh, Jimmy / Fields, Dorothy
20. Bucket outline for working wall
21. Treasure chest

Colour in the treasure and the treasure chest, and place in your own coping techniques you have used as treasure!
22. Coping strategies

Which of these coping strategies have you used? Cut out the ones you have used and place them in your treasure chest over the page.

- Use up some extra energy like playing football.
- Pretend you are alone somewhere like on holiday or in your bedroom.
- Clench and relax muscles in your body starting from your head and working down to your toes.
- Just try to stay calm and cool.
- Use the turtle technique. Imagine you have a shield that can protect you from anything.
- Try counting. If 10 is not enough, try counting in your head to 20 or even 30 if you need to.
- Try to relax. Sit down, close your eyes, take a deep breath in and let it out slowly.
- Play some music and dance around.
- Try reading a book.
23. Healthy responses

Sam’s mum tells him he cannot go to a party because he got into trouble at school that day.

She never lets me do anything I want to do. She just does not want me to enjoy myself.

I feel disappointed but I know I don’t deserve to go. She had told me I would only be able to go if I had a good week - so she is being fair.
Jaz’s friend does not let her sit by her at lunch.

She is horrible and mean. I feel upset and lonely.

I will go and talk to her, tell her how I feel and that I like sitting by her but understand she will want to sit by the others as well.
I didn’t get picked to play in the football/netball team

I never get picked, it’s not fair. I feel like a failure.

I need to improve my skills. I’ll ask the teacher how I need to improve.