



Lower Key Stage 2

Emotions

Task 1: SING!

Watch the clip from the film 'Sing - Meena Sings!'
www.youtube.com/watch?v=enuprdVo7GA

What might have been happening to Meena's body before she went on stage?

Together share examples of when you may have felt similar to Meena.

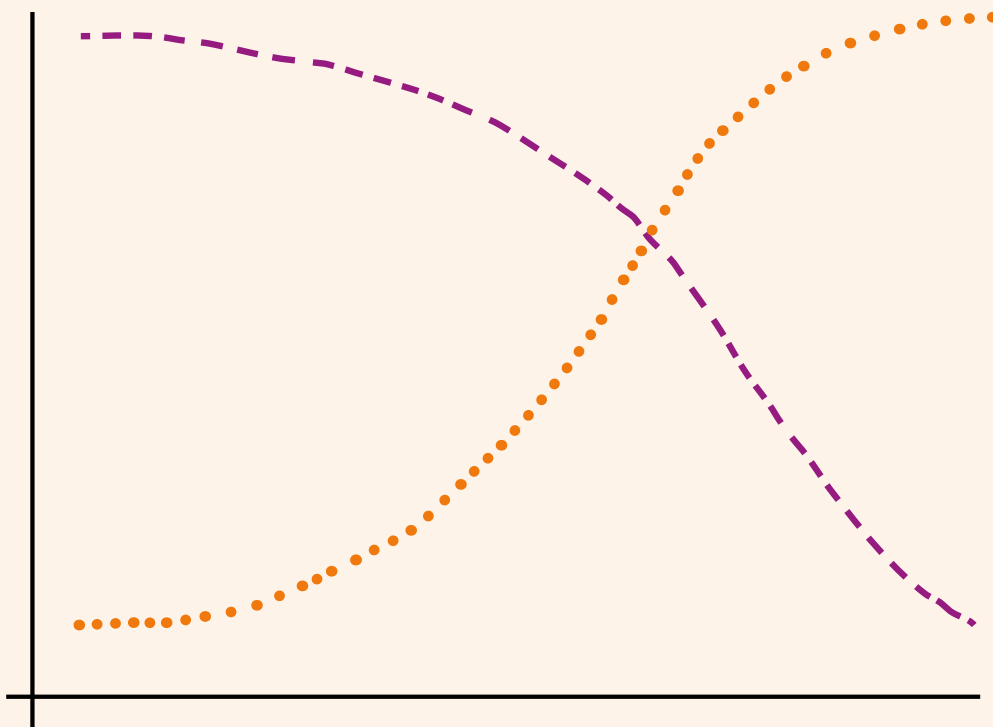


Task 2: EMOTION JOURNEY

Mark on the graph which line represents **Meena's confidence = A** and which line represents **Meena's fear = B**.

If a friend had stage fright how could you support them before, during and after the event?

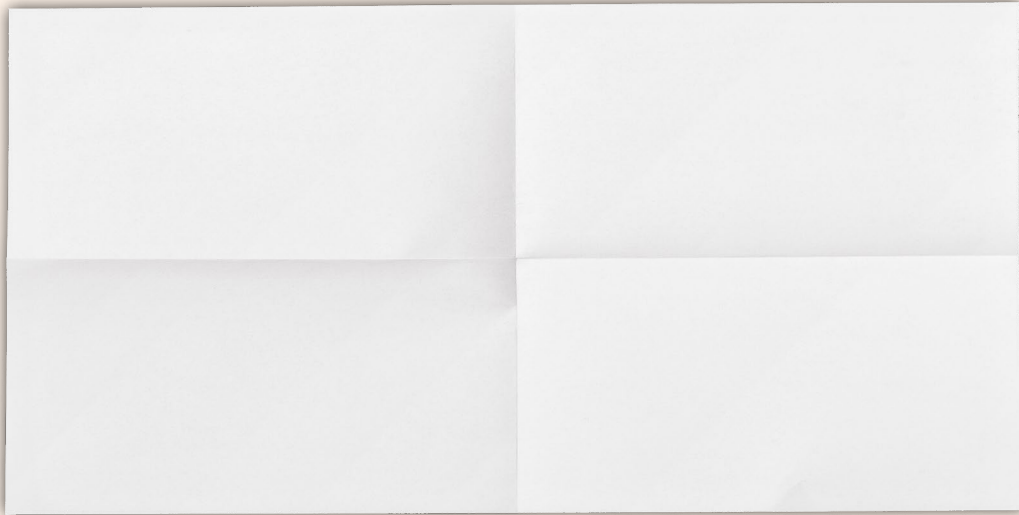
Can you plot another emotion on the graph that Meena might have also been feeling and label it?



Task 3: THE IF GAME

Fold a piece of paper into four and complete the activity on your own. Then compare your answers with another family member.

1. If anger was a colour what colour would it be?
2. If anger was a type of weather what weather would it be?
3. If anger was a food what food would it be?
4. If anger was an animal what animal would it be?



Task 4: CHARADES

1. Choose one of the emotions from the word bank.

Word Bank: angry, jealous, frightened, frustrated, nervous, content, exhausted, embarrassed, disappointed, shocked, ridiculed, confident, excited, numb.

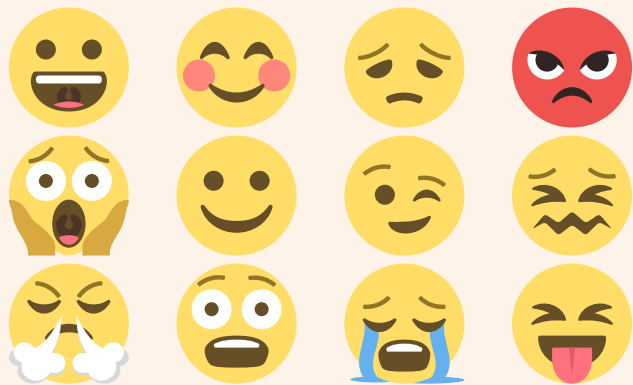
2. Take it in turns to guess what the emotion is. Use your best drama skills.



Task 5: NAME IT TO TAME IT

Challenge: How many emotions can you think of? Can you find an emotion for each letter of the alphabet?

A =
B =
C =
etc...



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

Signed

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