



Upper Key Stage 2

Emotions

Task 1: CHAMELEON

Watch the BBC clip: <https://www.youtube.com/watch?v=AkzUuResd5Q>

The clip is about a Namaqua chameleon who tries to keep cool.

These words were mentioned in the clip: adapt and regulate.
Research together what they mean.

- 💡 **Challenge:** Together think of 3 different words that mean the same as adapt and regulate.



Task 2: A DAY IN THE LIFE

In the chameleon picture below, include all the thoughts, feelings and emotions the chameleon may have been feeling at the start of the day, during the day and at the end of the day.

Challenge: Include any emotions you have been feeling today.

Word bank: tired, miserable, cold, hot, lonely, desolate, desperate, warm, content, determined, scared, hungry, thirsty, nervous, embarrassed, confident, jealous, disappointed.



- 💡 What do you think the term 'a rollercoaster of emotions' means? Discuss together.

Task 3: MINDSET

The chameleon had to adapt to a new environment which can be really hard to do. Change can feel uncomfortable. Having a growth mindset can help us accept and adapt to new situations.

Using arrows, match the 'Fixed Mindset' thought to the 'Growth Mindset' thought.

- This is too hard.
- I can't do this.
- I'm rubbish at everything.
- Everything must be perfect.
- This just won't work out for me.
- No one understands.

- It's ok to ask for help.
- This may take time and some effort.
- I learn from my mistakes.
- I need more practice.
- I will keep trying.
- I can do this with support.

Task 4: ANAGRAMS

Rearrange the letters to reveal five different emotions.

Challenge: Use the words to make up silly sentences.

- 1. ouesrvn 2. souleja 3. ssemdbreara 4. ticfonend 5. pinoisdapdet
- 1. 2. 3. 4. 5.

Task 5: REGULATE

Self-care is about all the things we can do to look after our mental health.

Challenge: Design a T-Shirt that includes all the things that help you to relax and manage the big emotions.

A useful website:

<https://www.annafreud.org/on-my-mind/self-care/>



Together we have completed the Emotions Module for PSHE Matters. 

Signed

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