

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

Unsure

Confused

Angry

Lonely

Embarrassed

Surprised

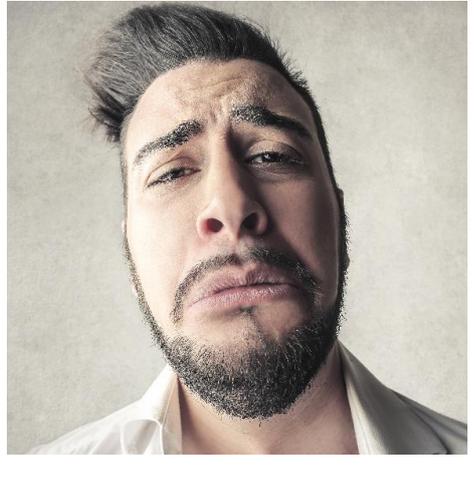
Determined

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.



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

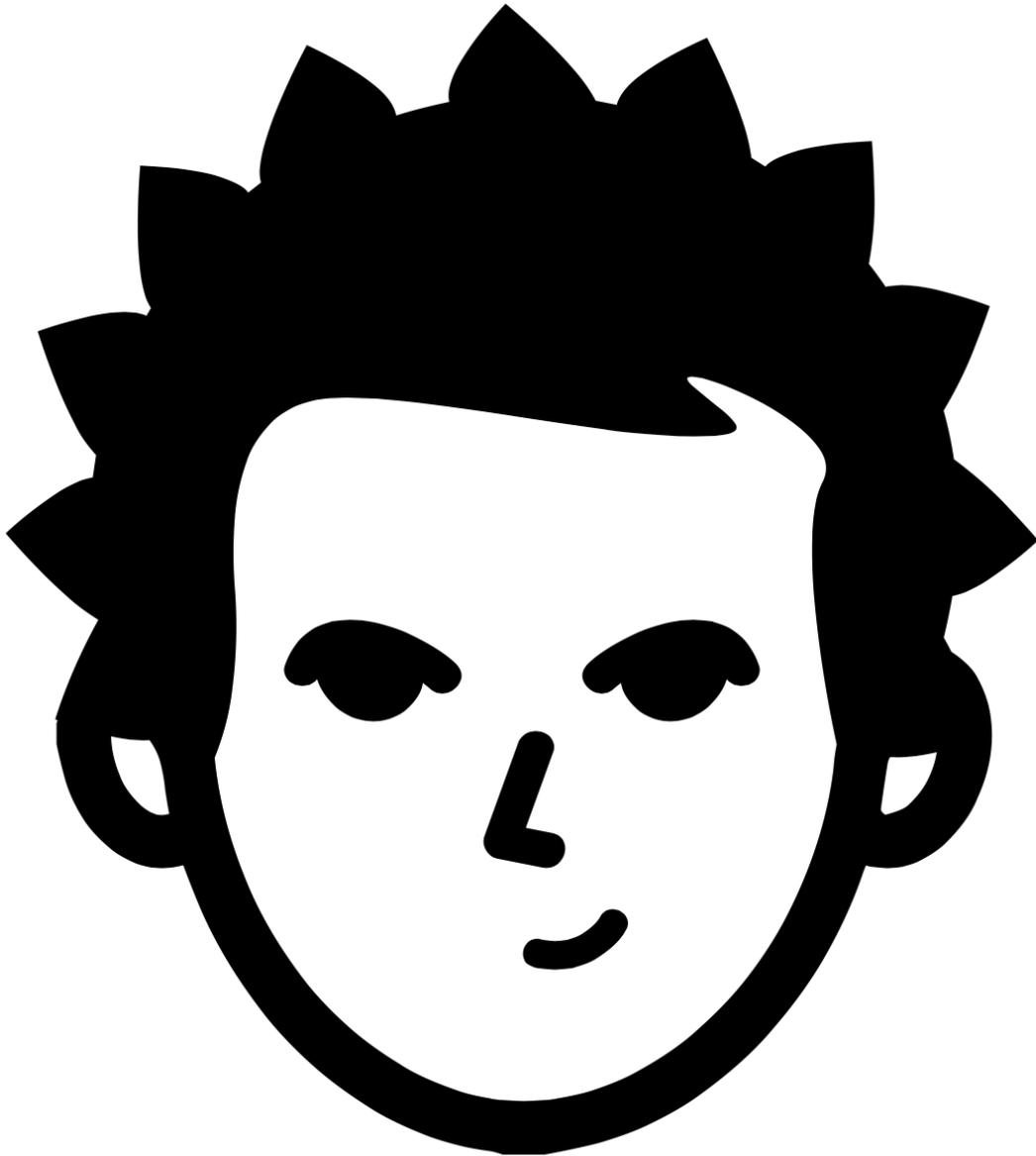


Happy

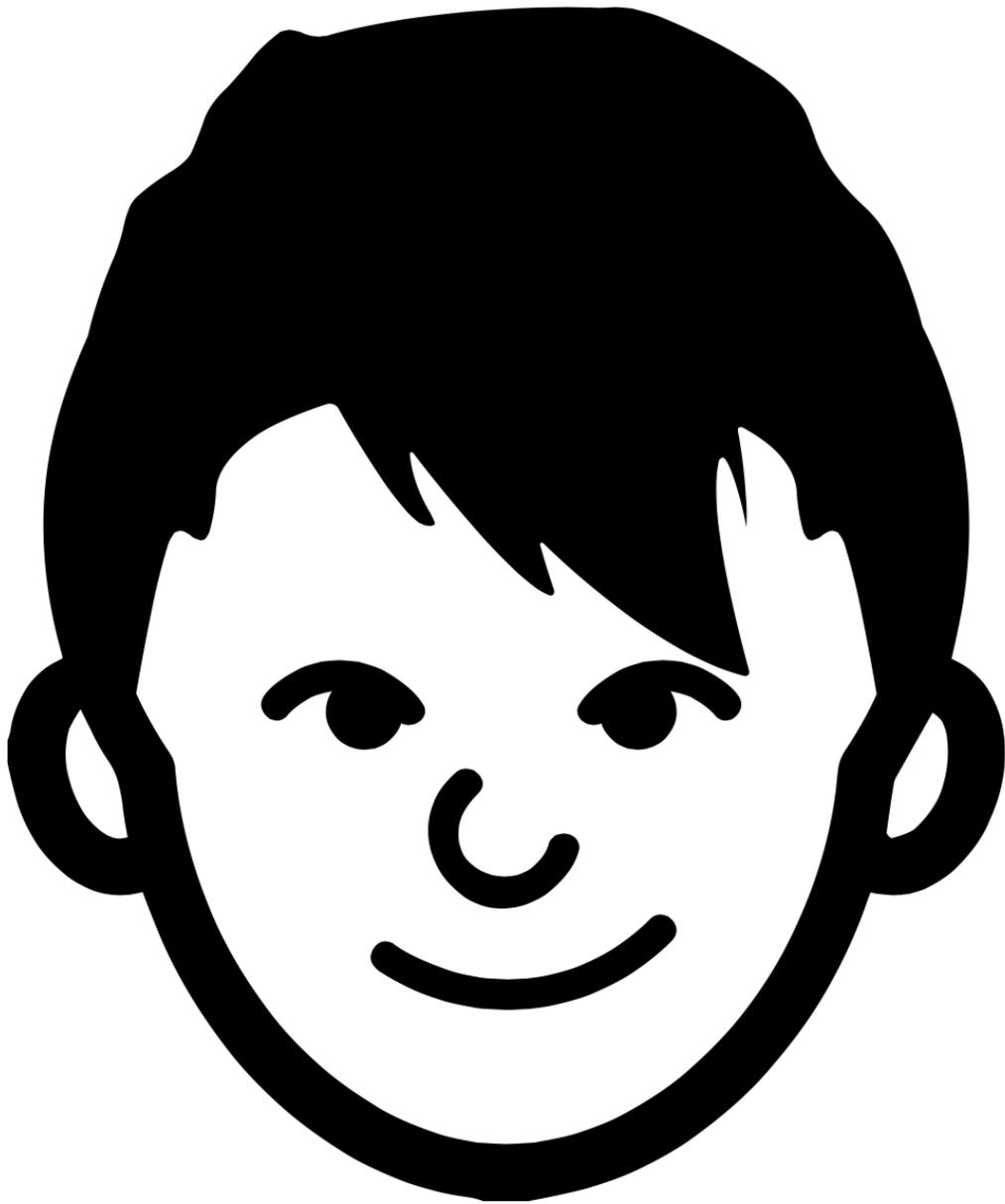
Angry

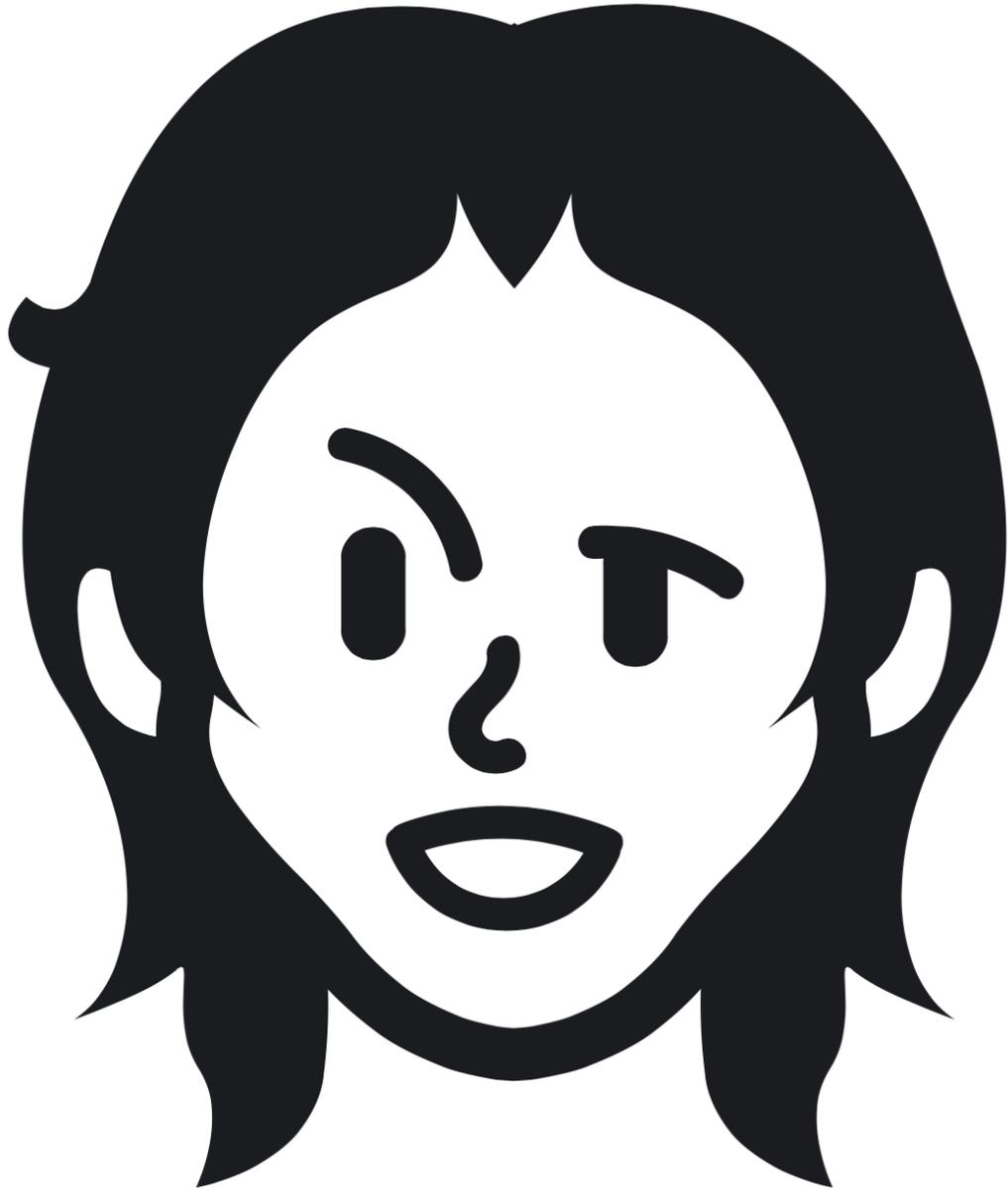


4. Cartoon faces feelings

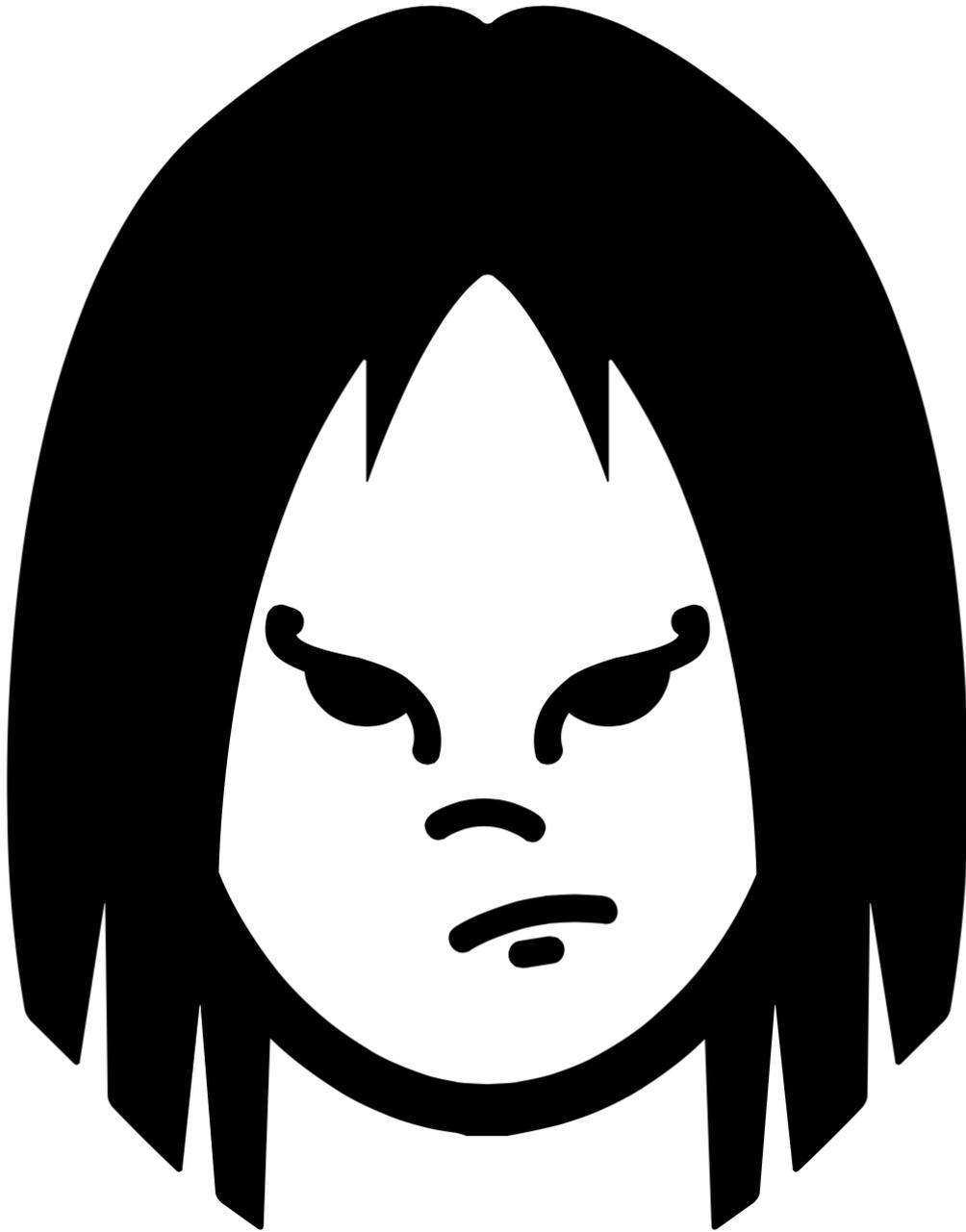






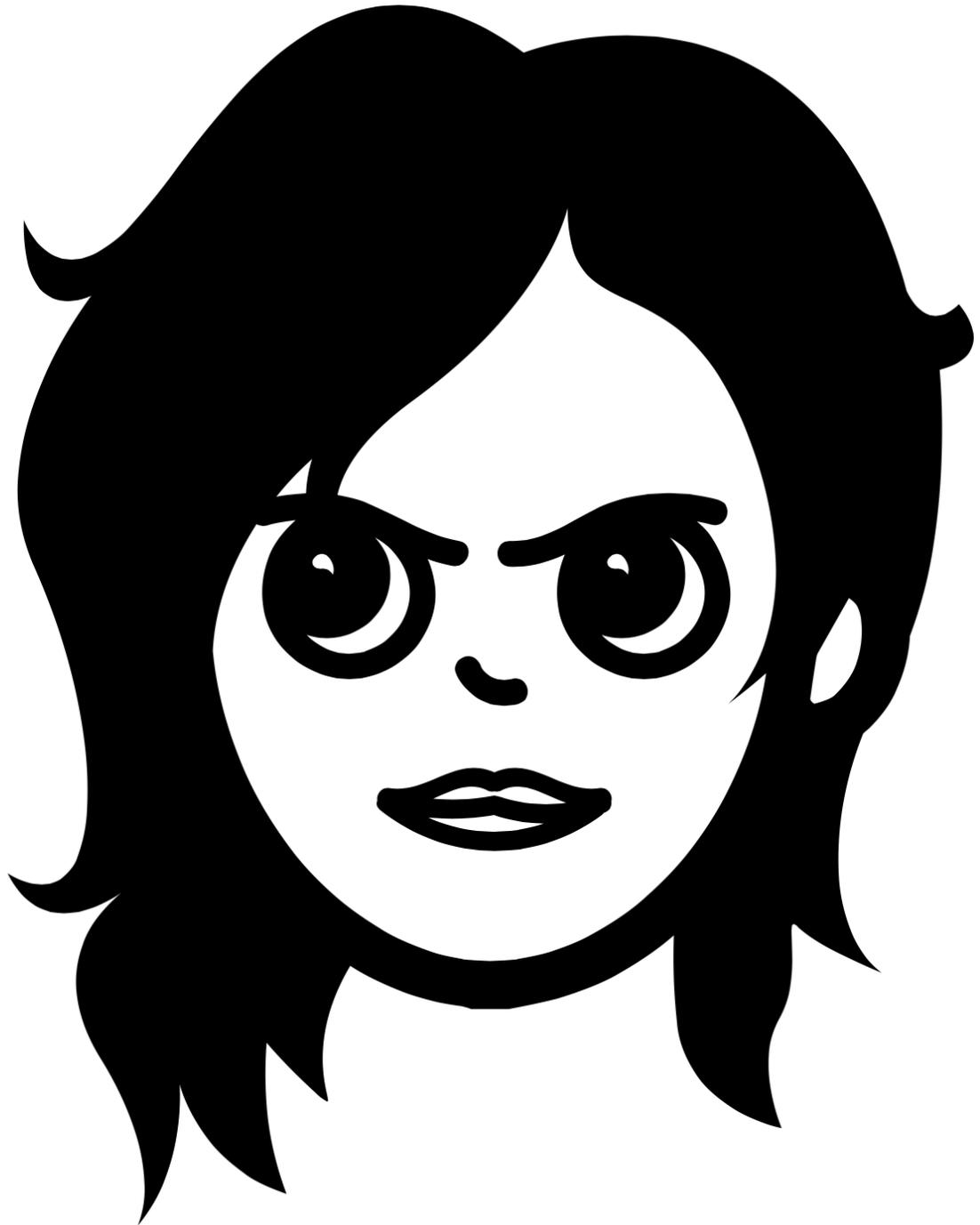


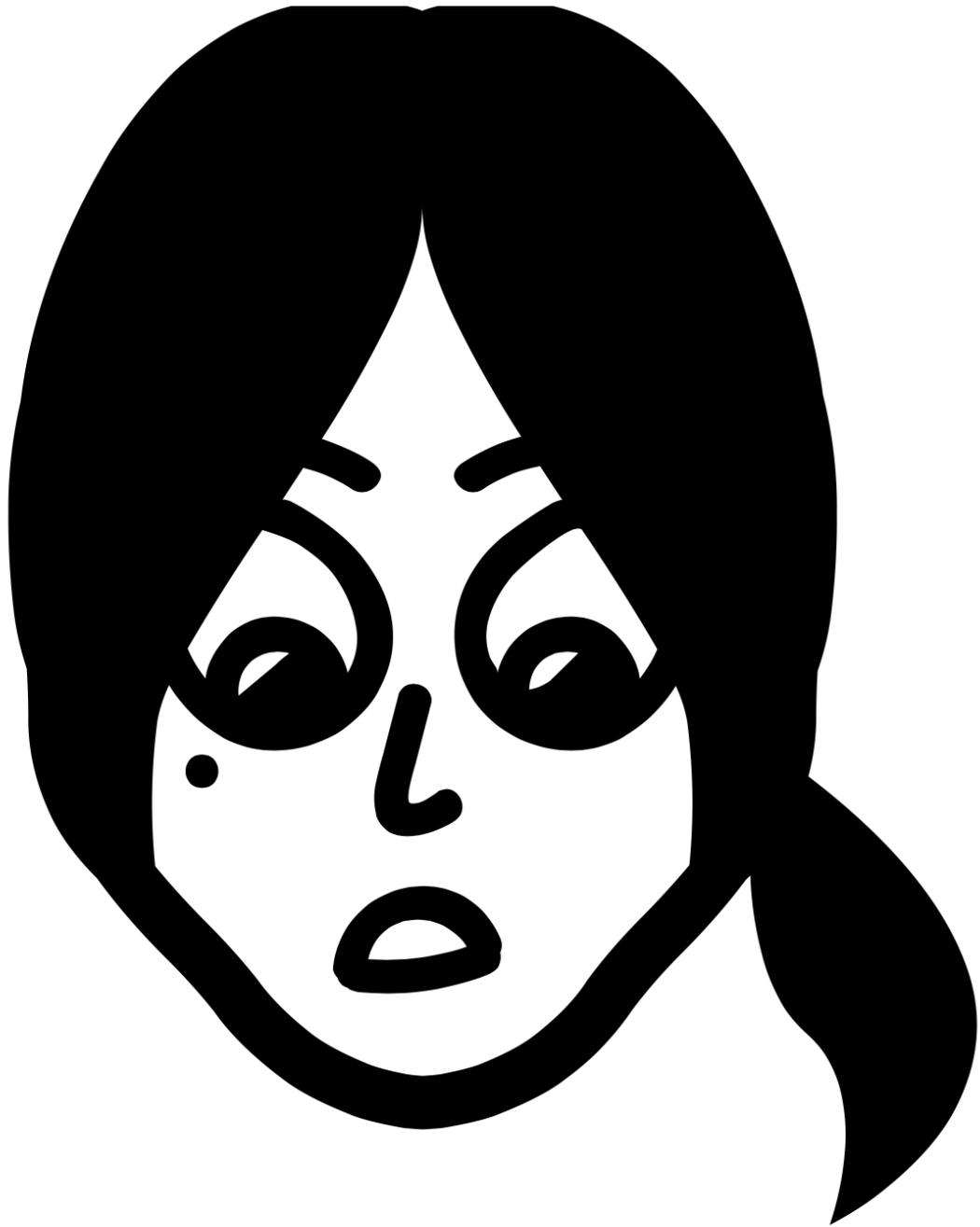




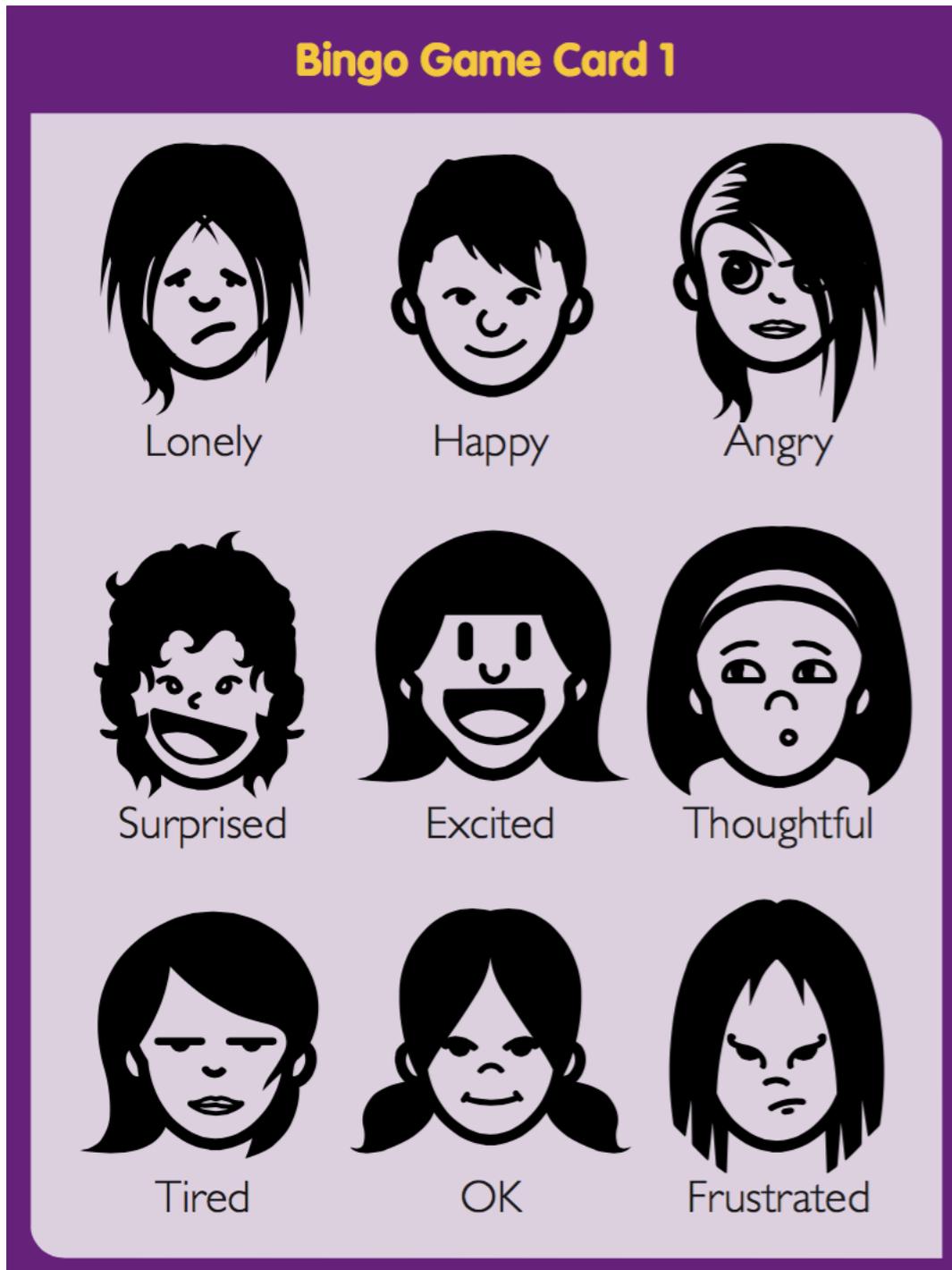








5. Feelings Bingo – game cards and teacher’s cards



Bingo Game Card 2



Relaxed



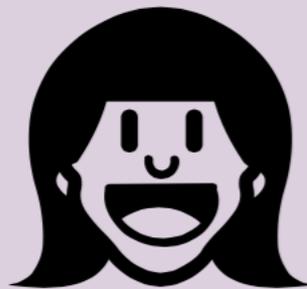
Grumpy



Proud



Sad



Excited



Scared



Pleased



Confused



Satisfied

Bingo Game Card 3



Scared



Suspicious



Proud



Surprised



Grumpy



Frustrated



Lonely



OK



Angry

Bingo Game Card 4



Satisfied



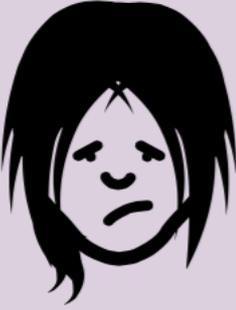
Suspicious



Pleased



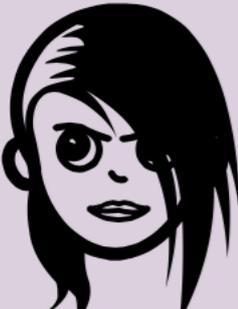
Grumpy



Lonely



Tired



Angry



Thoughtful

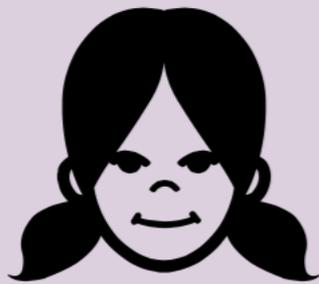


Frustrated

Bingo Game Card 5



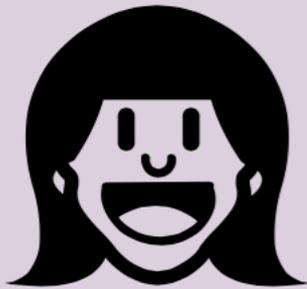
Sad



OK



Scared



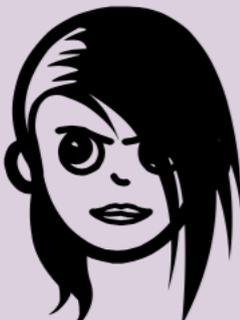
Excited



Lonely



Tired



Angry



Confused



Surprised

Bingo Game Card 6



Satisfied



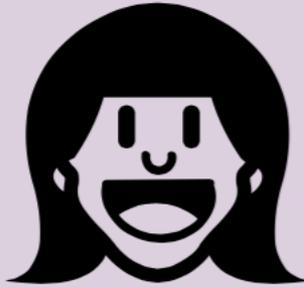
Tired



Angry



Surprised



Excited



Thoughtful



Confused



OK



Lonely

Bingo Game Card 7



Suspicious



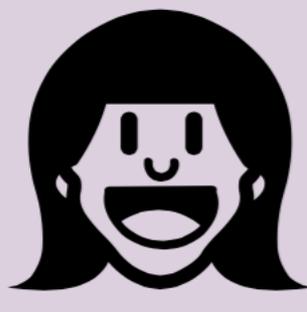
Grumpy



Sad



Frustrated



Excited



Scared



Thoughtful

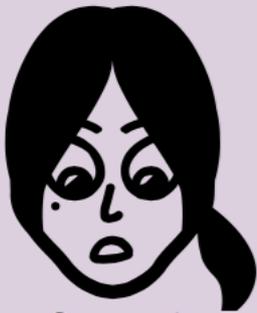


Confused



Satisfied

Bingo Game Card 8



Scared



Suspicious



Tired



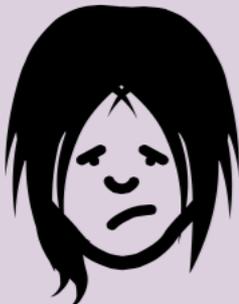
Surprised



Happy



Confused



Lonely



Pleased



Angry

Bingo Game Card 9



Confused



Proud



Pleased



Grumpy



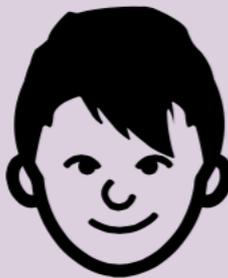
Lonely



Tired



Angry



Happy



Frustrated

Bingo Game Card 10



Relaxed



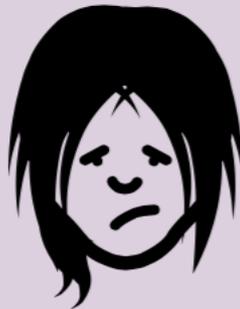
OK



Frustrated



Pleased



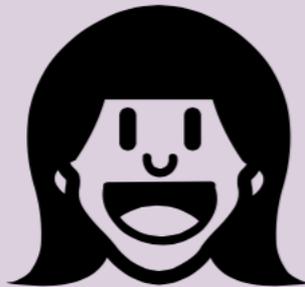
Lonely



Tired



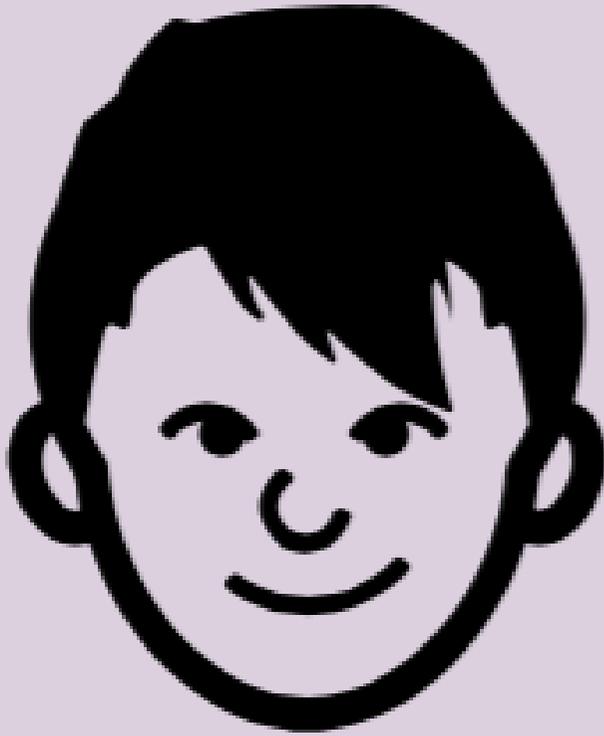
Angry



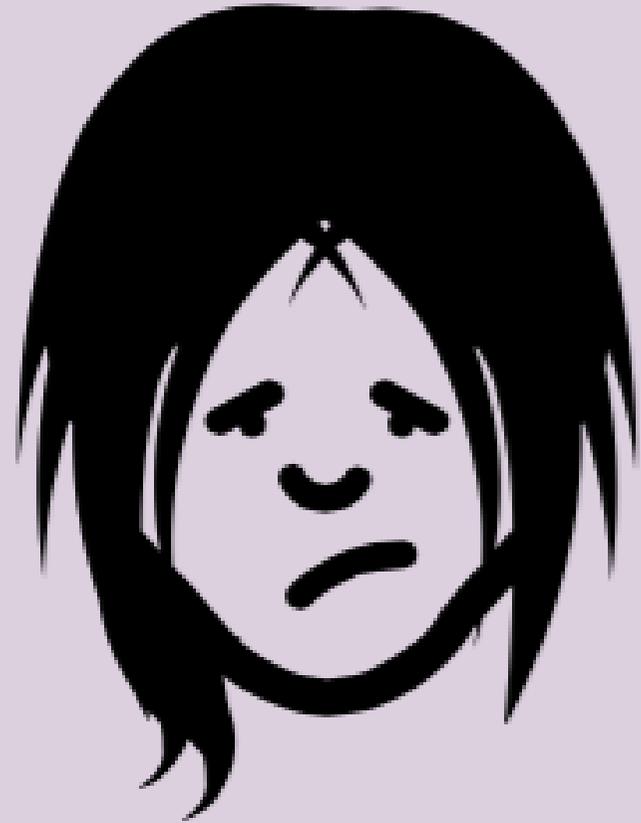
Excited



Surprised



Happy



Lonely



Proud



Confused

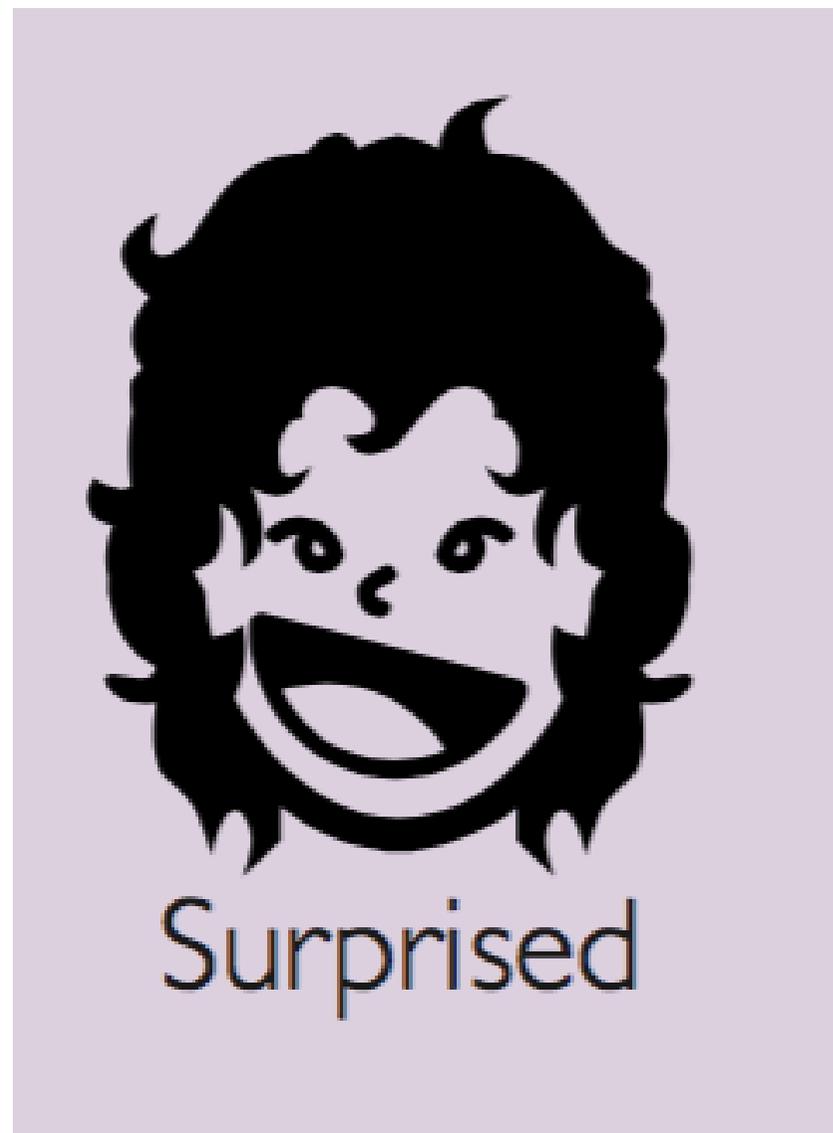




Frustrated

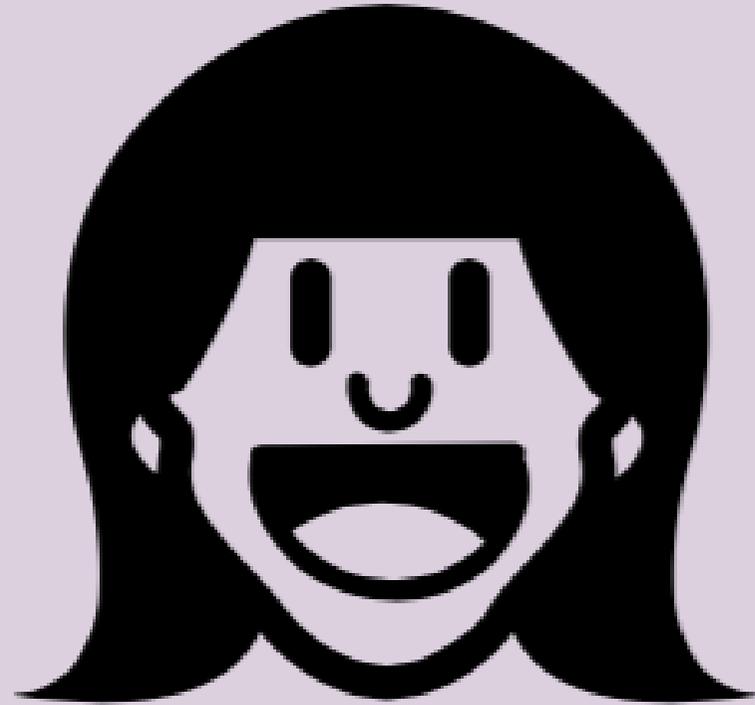


Pleased





Tired



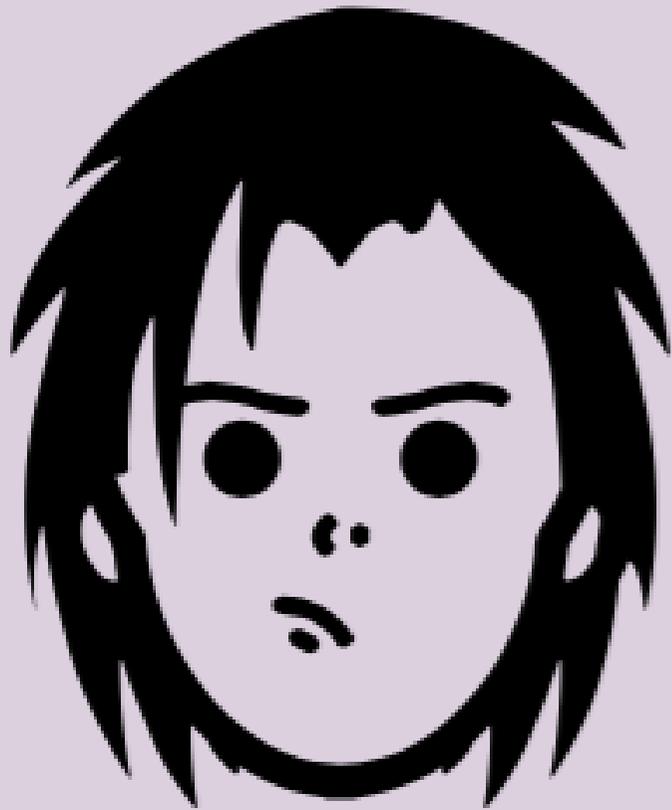
Excited



Relaxed



Thoughtful



Suspicious

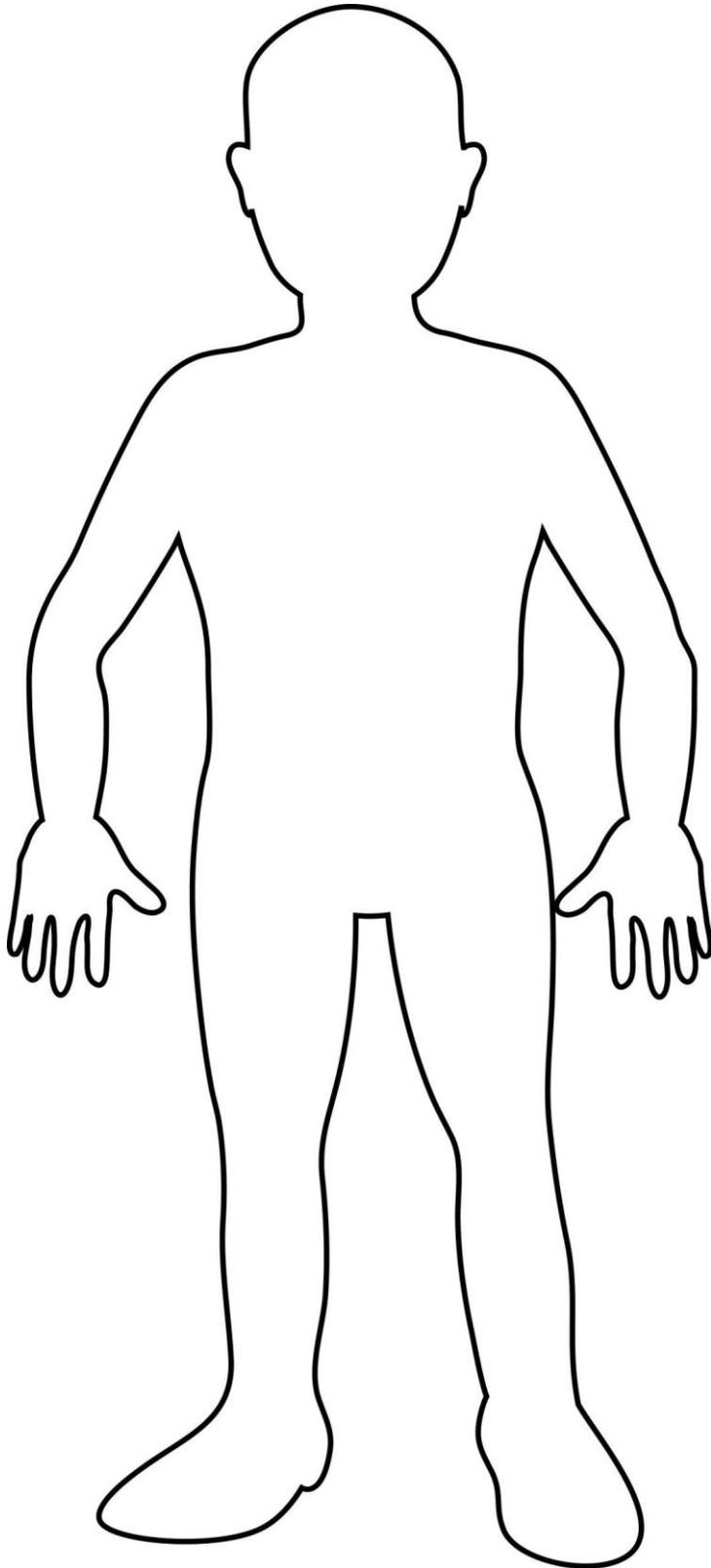


Sad



6. Small body outlines

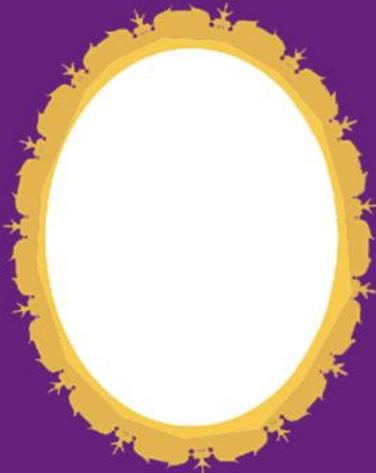
Draw on your body where you think you get sad/worried signs



7. My feelings framed

I can have different feelings

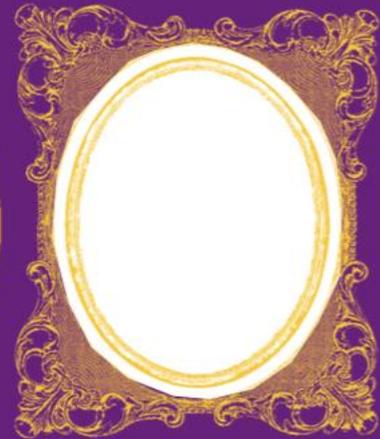
My feelings may change when different things happen in my life



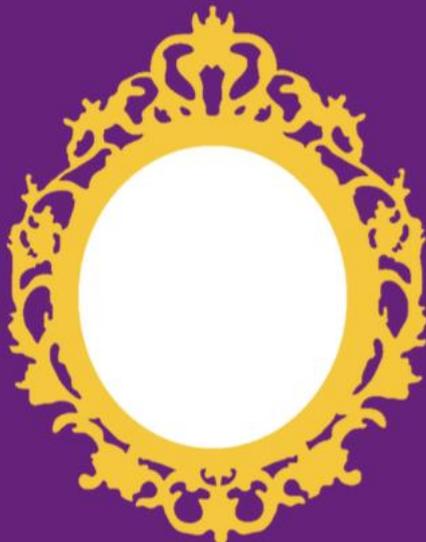
Here is how I'd look
if I got lost



Here is how I'd look if
it was my birthday



Here is how I'd look
if I fell over



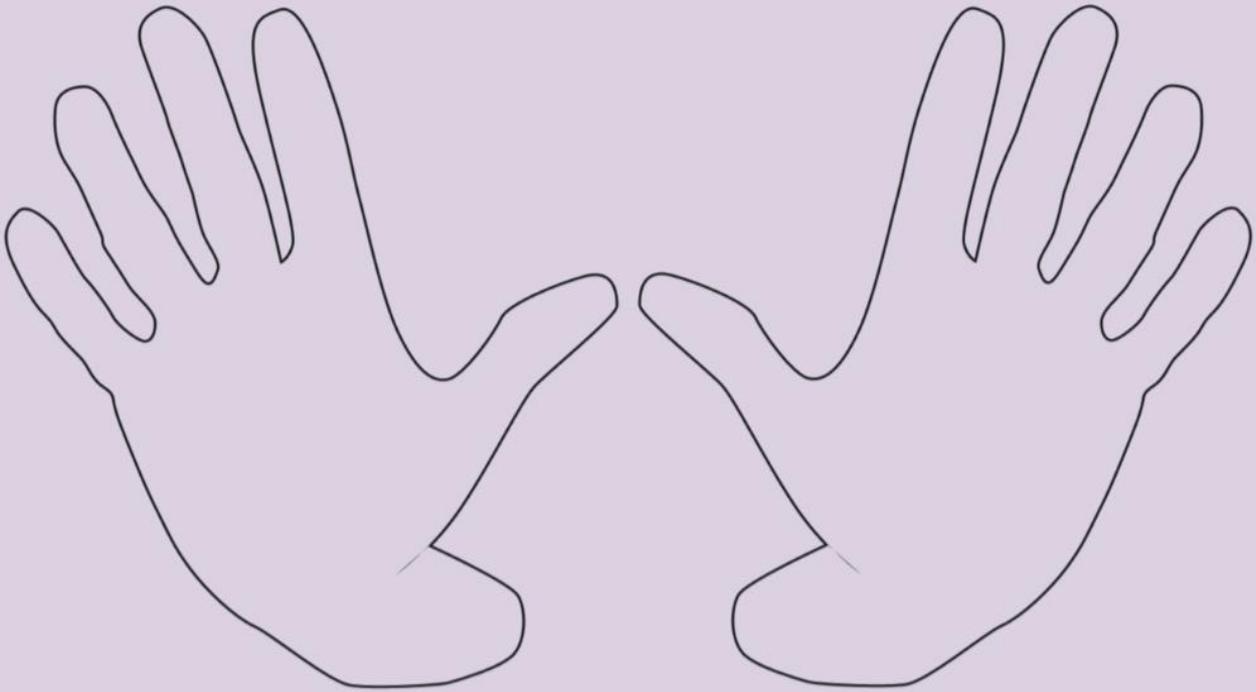
Here is how I'd look
if I won a prize



Here is how I'd look
if I was told off

8. Helping hands

Who can help and what can help me



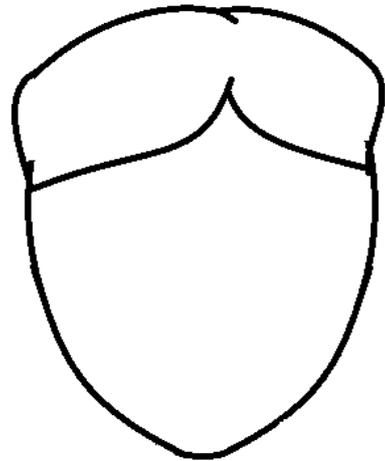
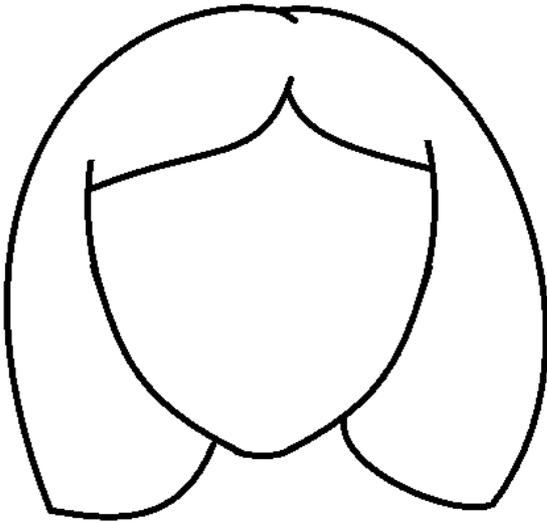
9. Working wall hand outline



10. Colourful Feelings

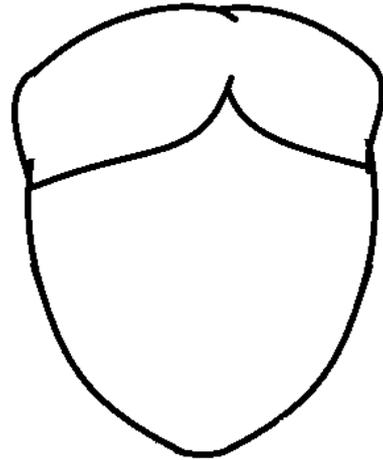
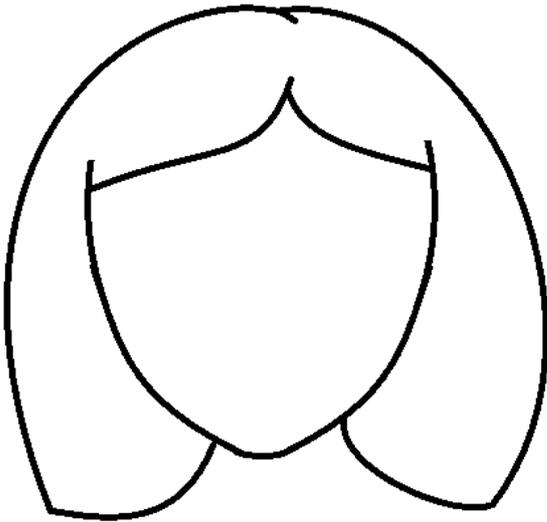
Pupils can work on this in pairs or groups either tackling one colour per group and coming back together to discuss as a class or creating a whole feeling colour palette as a group.

Red



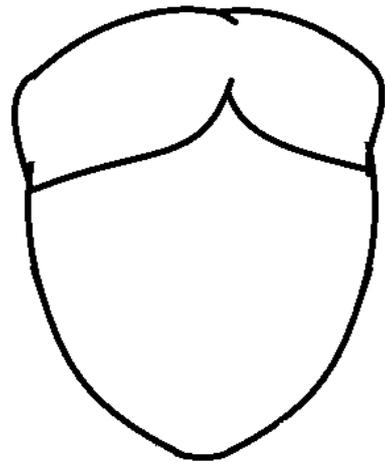
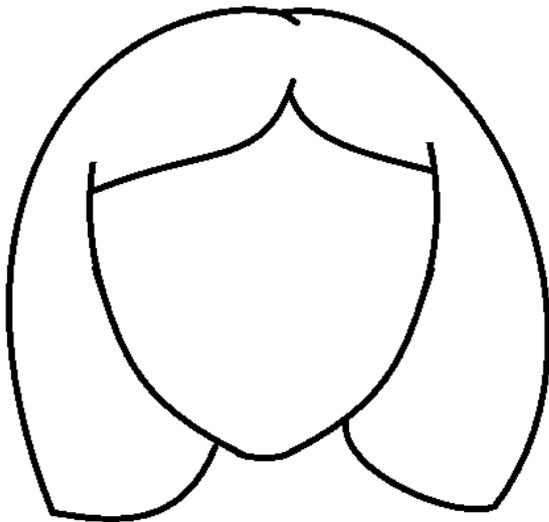
Red feelings

Green



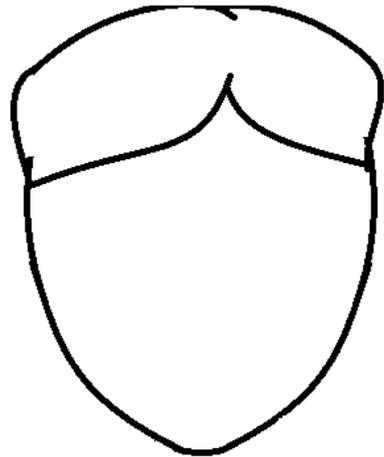
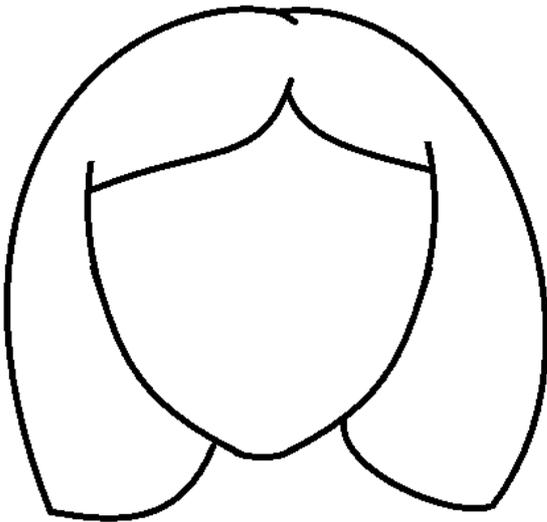
Green feelings

Blue



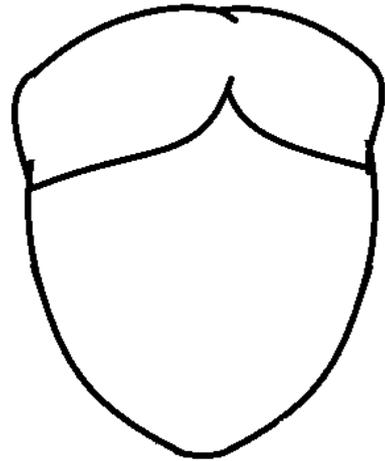
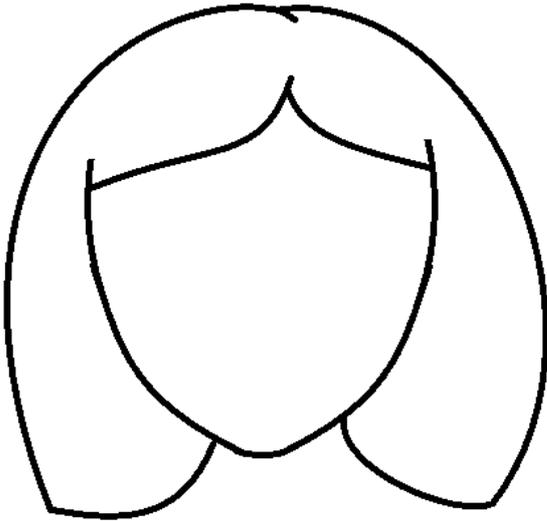
Blue feelings

Black



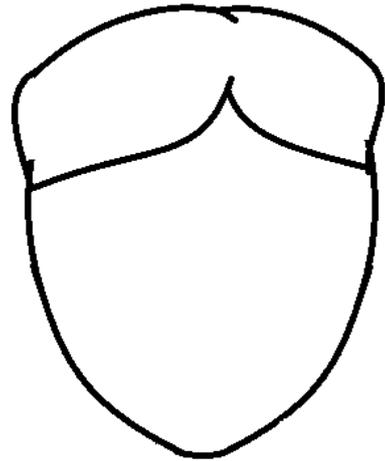
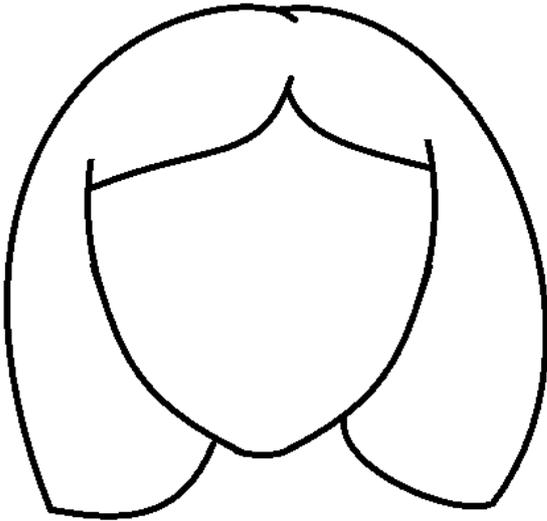
Black feelings

Yellow



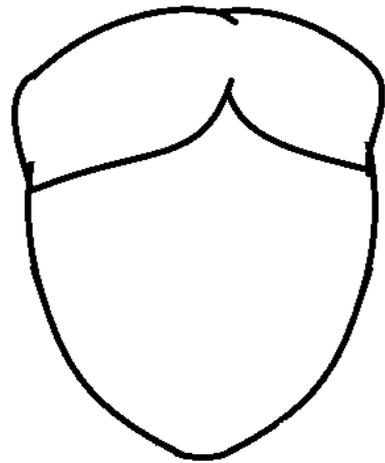
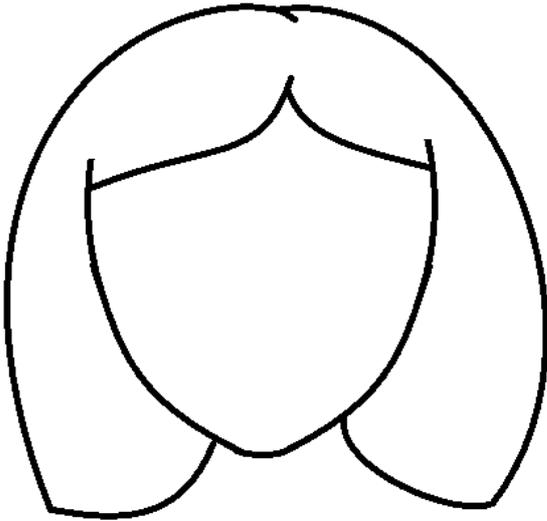
Yellow feelings

Purple



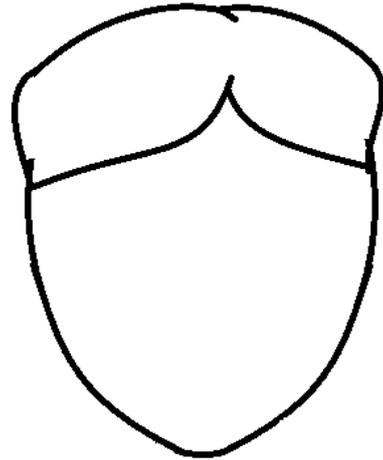
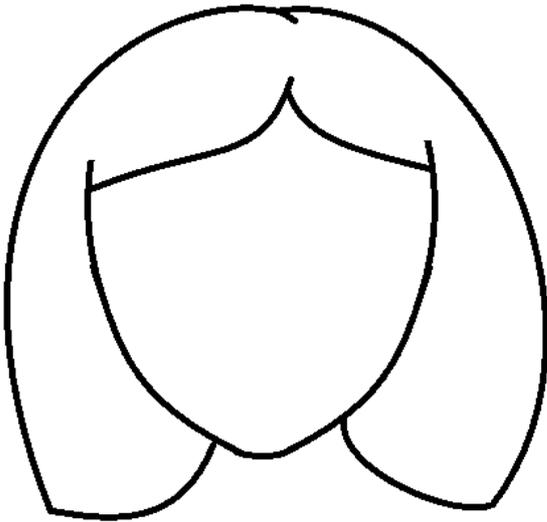
Purple feelings

Pink



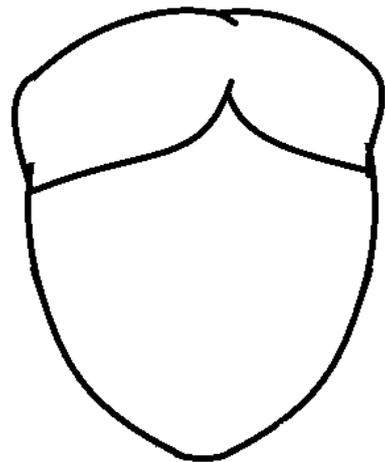
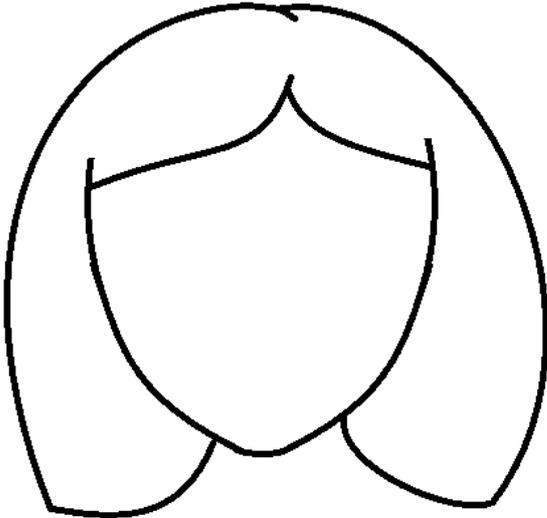
Pink feelings

Orange



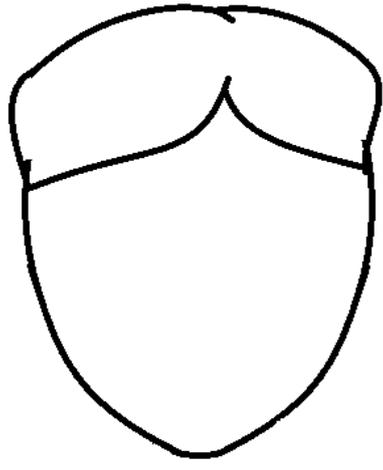
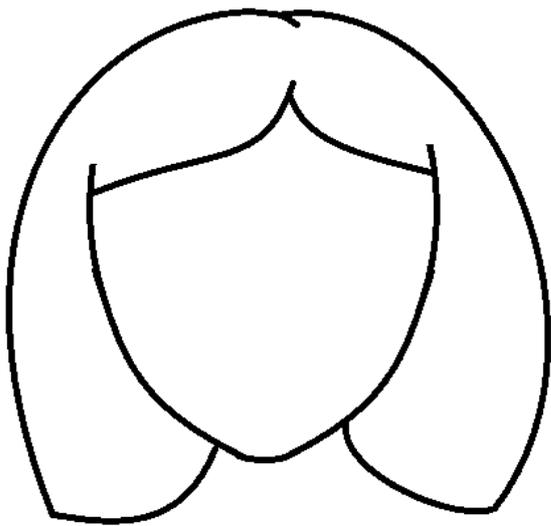
Orange feelings

Grey



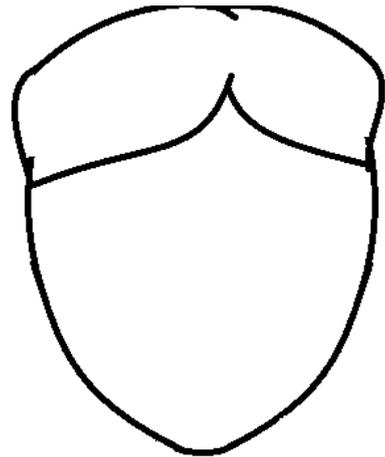
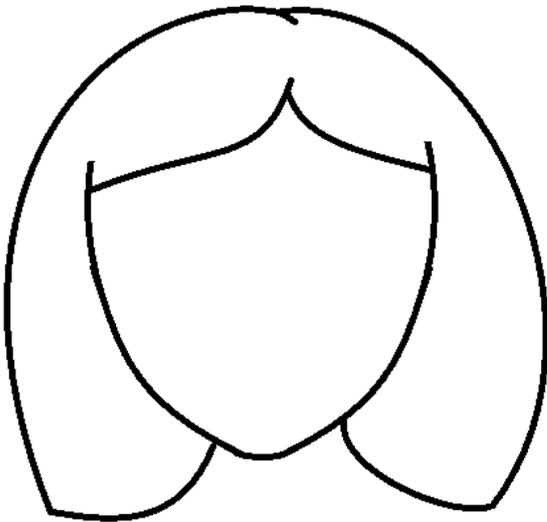
Grey feelings

Gold



Gold feelings

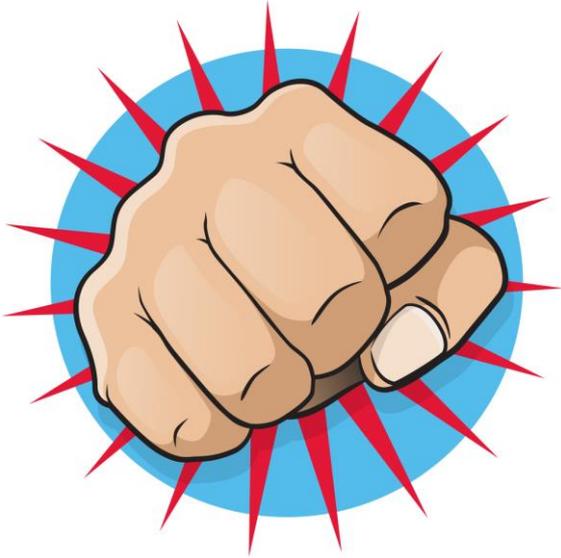
Silver



Silver feelings

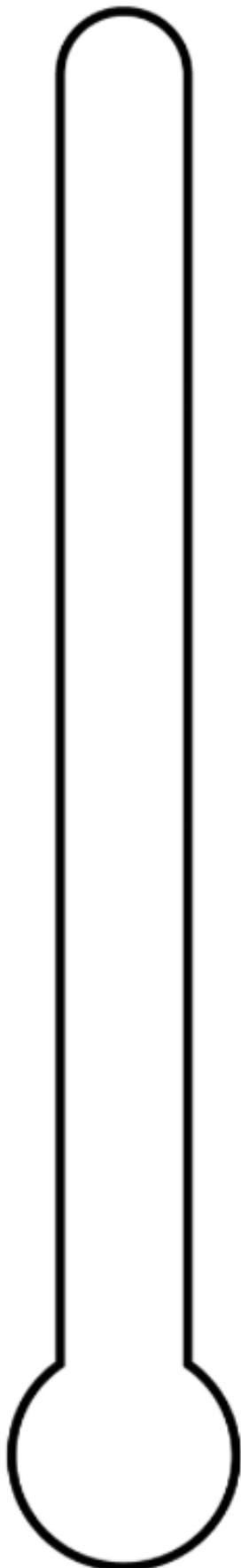
11. Situation images







12a. Feelings Thermometer - Happy



10

9

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7

6

5

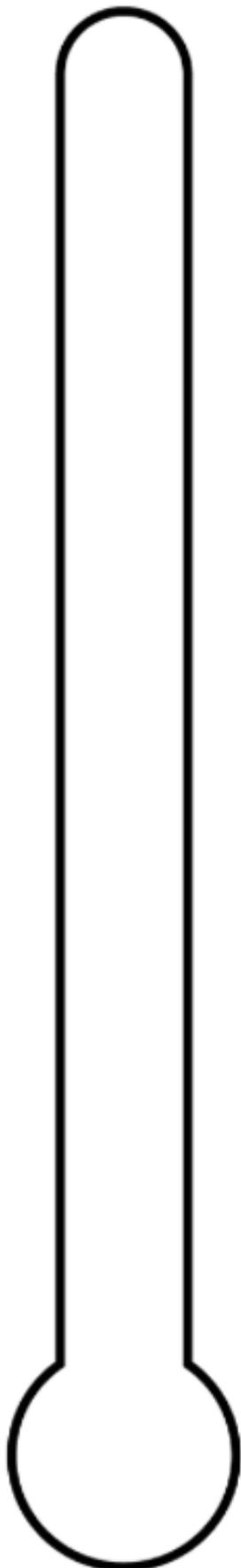
4

3

2

1

12b. Feelings Thermometer - Sad



10

9

8

7

6

5

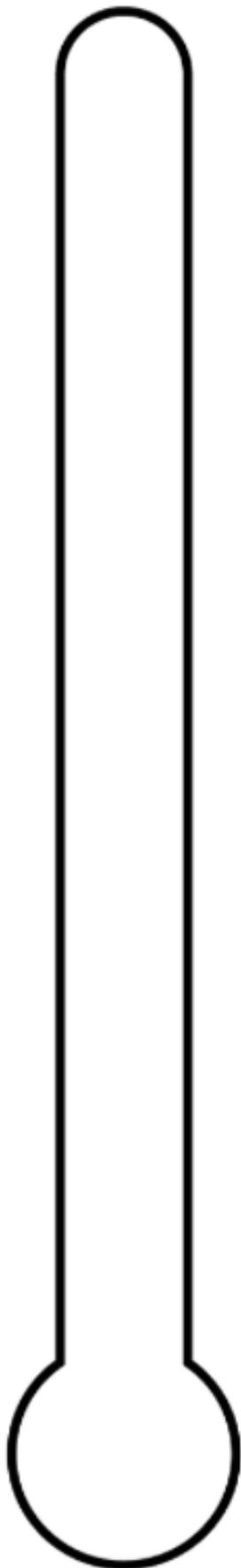
4

3

2

1

12c. Feelings Thermometer - Excited



10

9

8

7

6

5

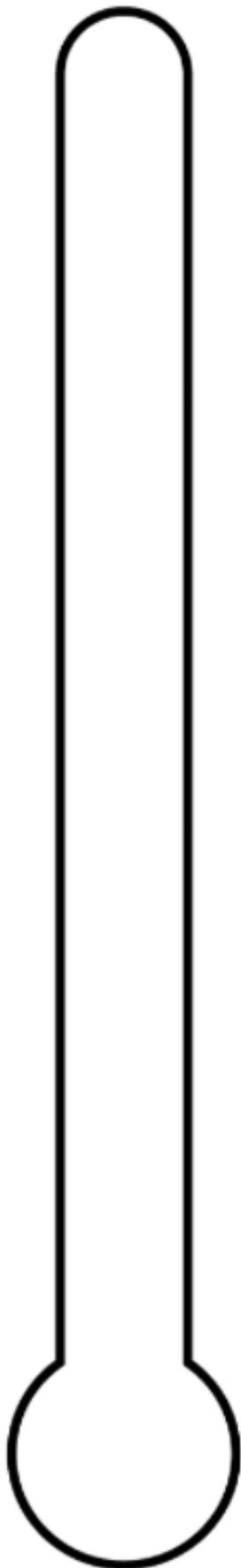
4

3

2

1

12d. Feelings Thermometer - Angry



10

9

8

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6

5

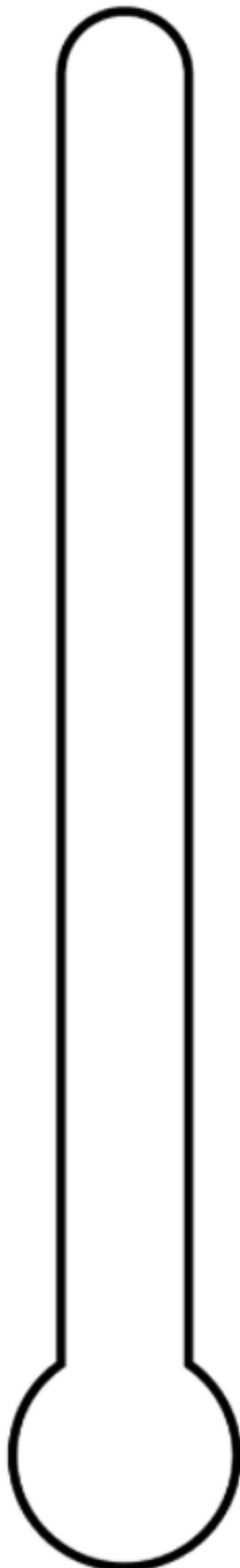
4

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

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

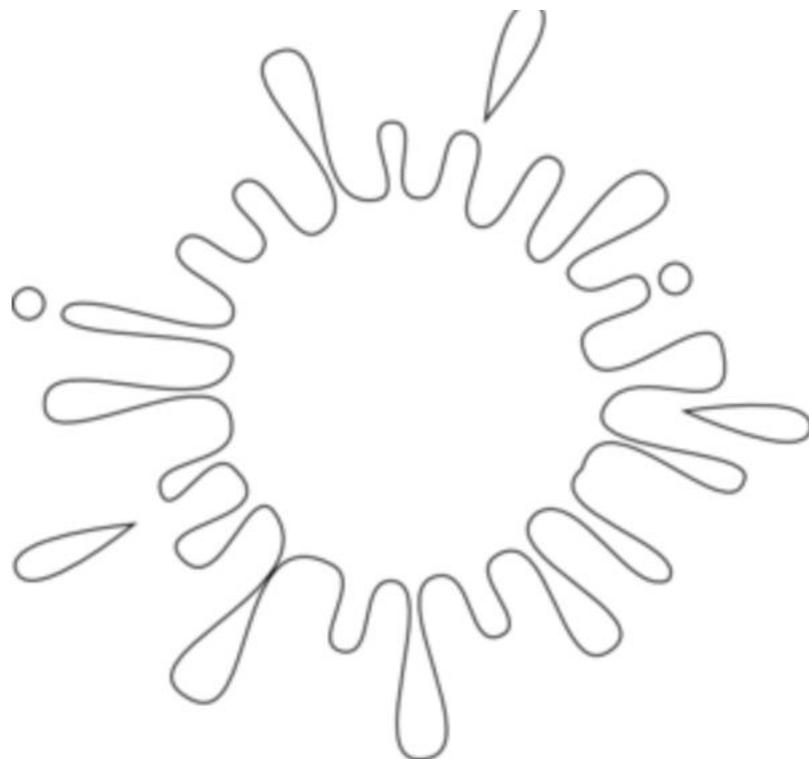
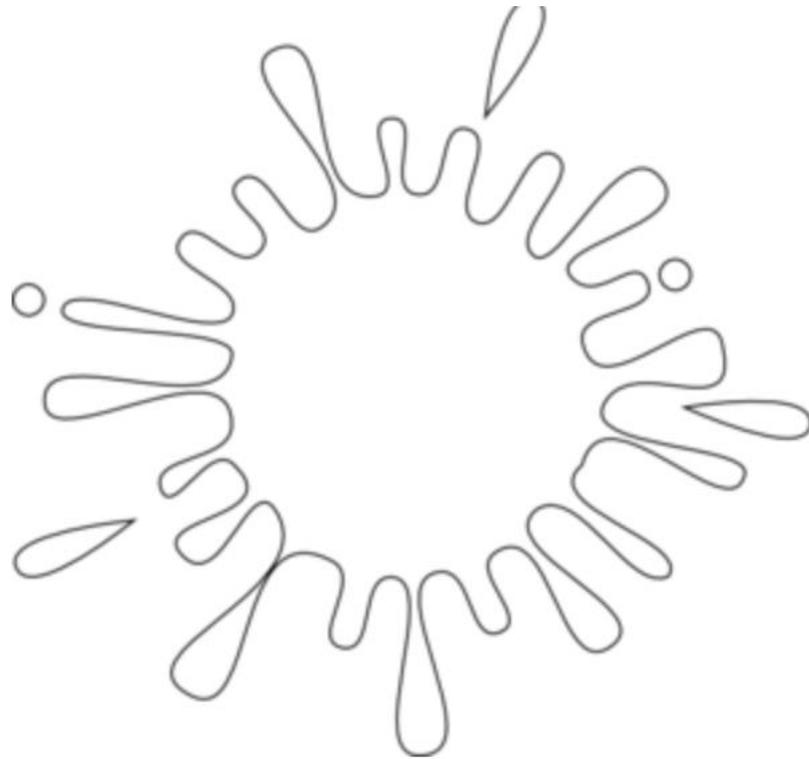
Flowers are red, green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

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

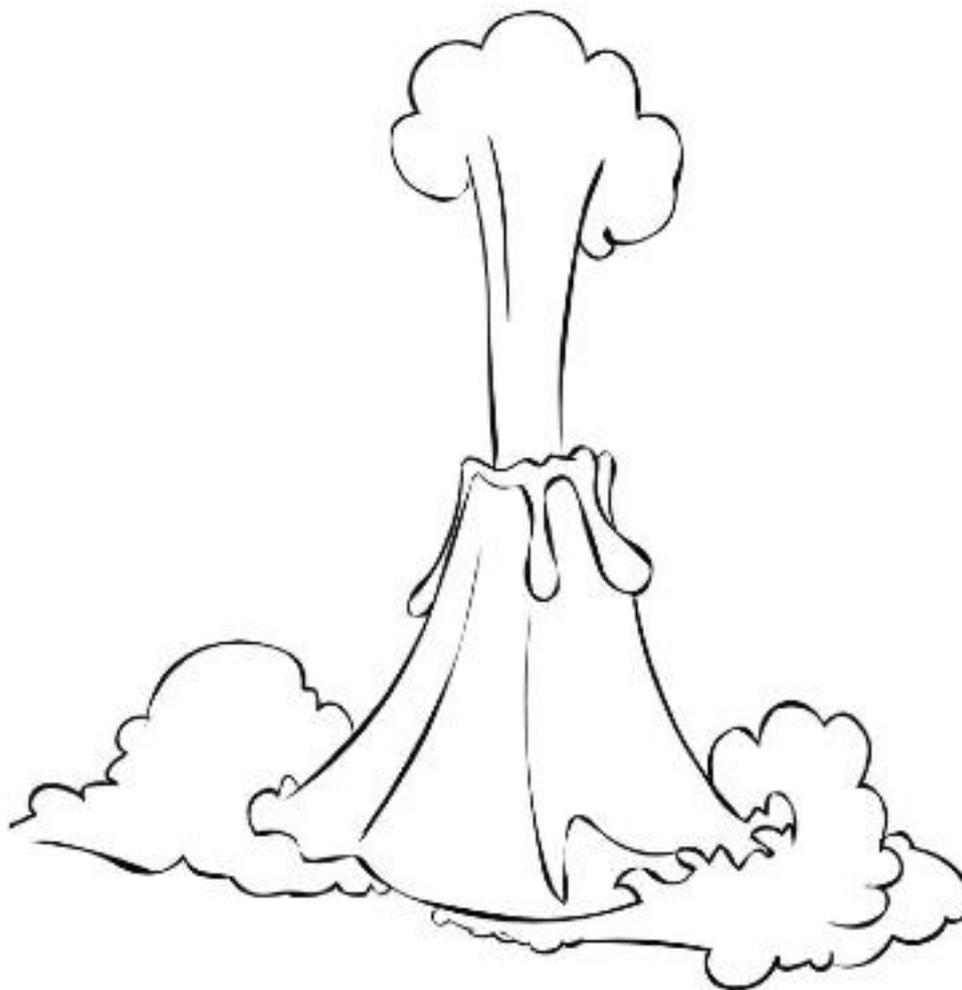


Where I may feel my 'sad/worried' signs

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

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

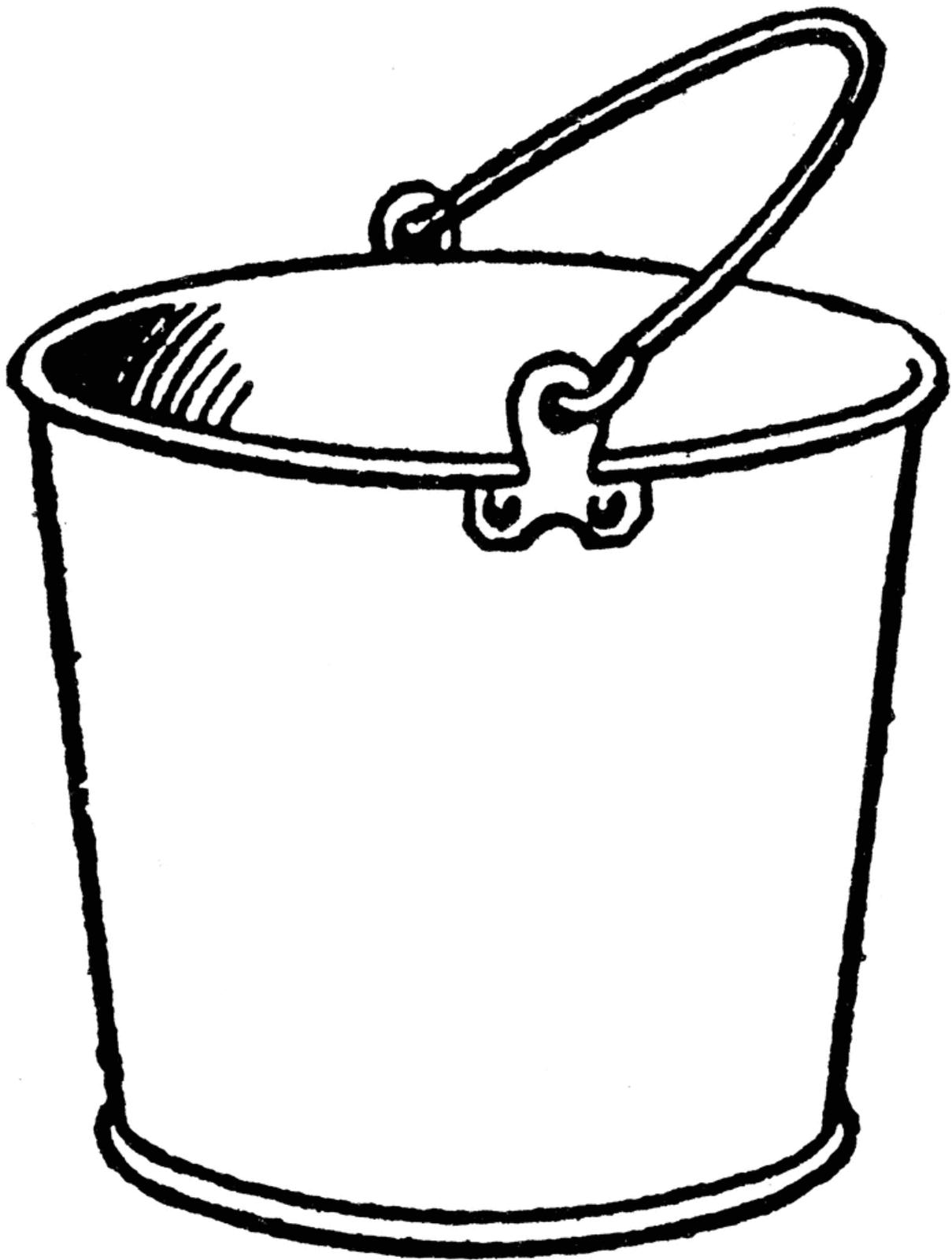
Can't you hear the pitter-pat
And that happy tune is your step
Life can be complete
On the sunny side of the street

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

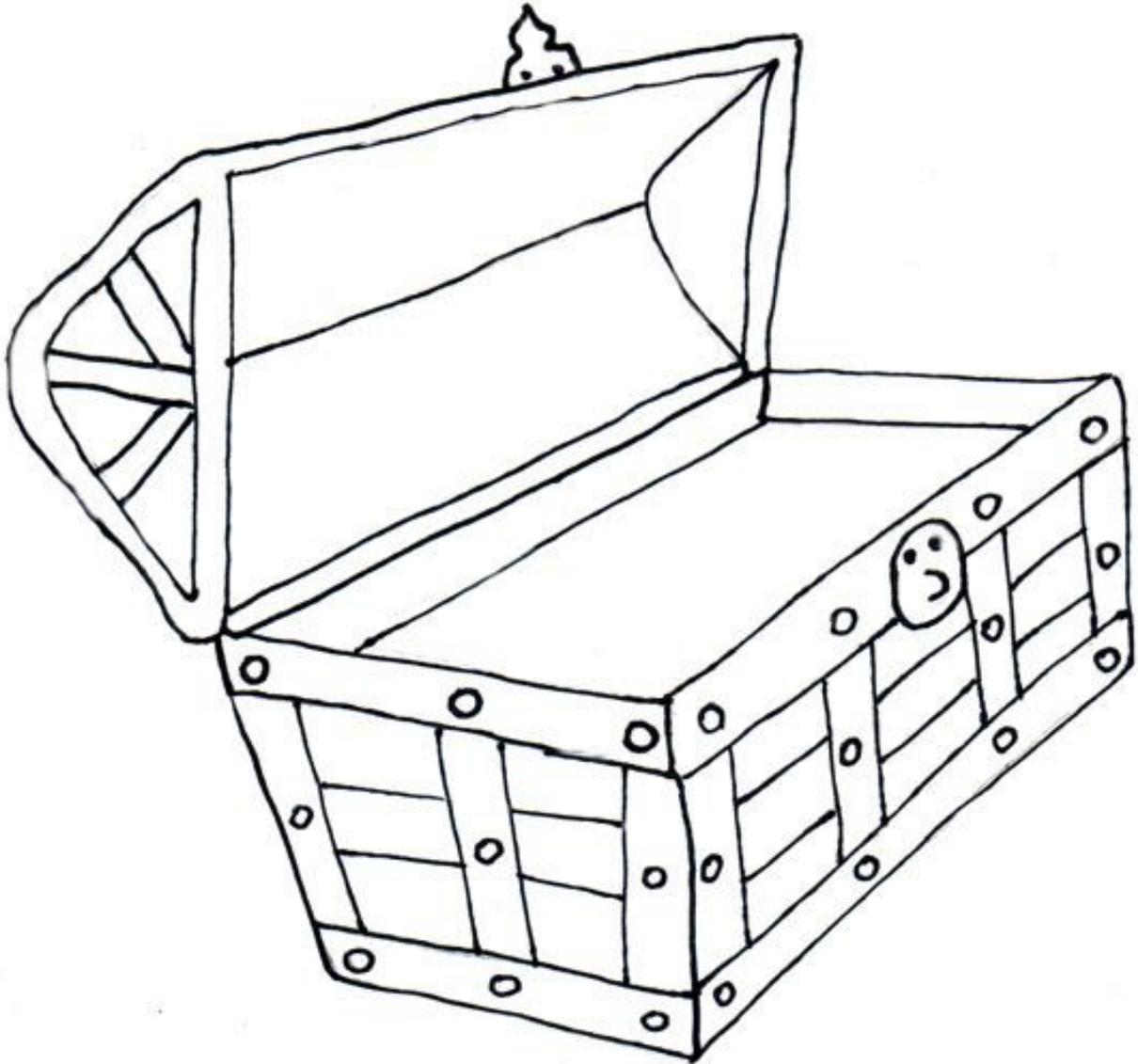
Songwriters: Mc Hugh, Jimmy / Fields, Dorothy

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!

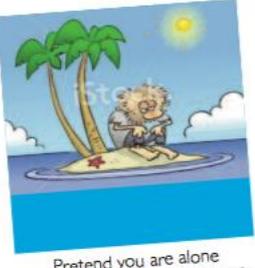


22. Coping strategies

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.

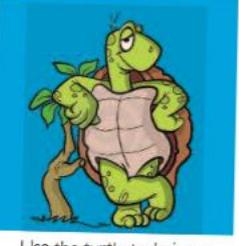


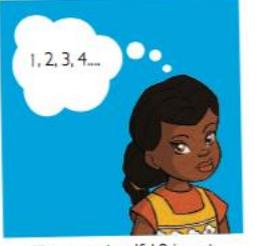
- 

Use up some extra energy, like playing football.
- 

Pretend you are alone somewhere, like on holiday or in your bedroom
- 

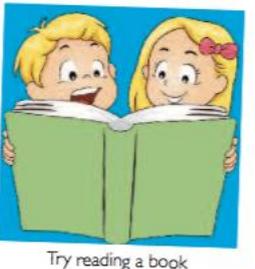
Clench and relax muscles in your body, starting from your head and working down to your toes
- 

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.