



Good feelings	Not so good feelings	

Not sure

Happy

Calm

Unhappy

Sad

Scared

Relaxed

Nervous

Lonely

Excited

Angry

- ...eating sweets
- ...being in the dark
- ...being told off
- ...cuddling his teddy
- ...going to a birthday party
- ...having a birthday party
- ...getting wet in the rain
- ...being away from his family
- ...seeing spiders
- ...hearing his favourite song
- ...going to the funfair
- ...not being able to use his computer
- ...the sun shining
- ...playtime

KS1: Year 1/2 Lesson 2 Resource 3a: My feelings frame 

How do I feel about...			Not sure
...the dark			
...visiting family			
...starting a new club			
...going to a party			
...answering questions in class			
...standing up in assembly			
...playtime			
...talking to someone I don't know			
...spiders			
...riding on rollercoasters			
...rain			

KS1: Year 1/2 Lesson 2 Resource 3b: My feelings frame (challenge) 

How do I feel about...			Not sure
...the dark			
...visiting family			
...starting a new club			
...going to a party			
...answering questions in class			
...standing up in assembly			
...playtime			
...talking to someone I don't know			
...spiders			
...riding on rollercoasters			
...rain			

Now think of some examples of your own...

How do I feel about...			Not sure



Maz is happily eating his favourite sour, fizzy, red sweets for breakfast. He is enjoying them so much that he eats the whole packet, even though a grown-up told him not to. On the way to school he suddenly thinks he might be sick. He wishes he hadn't eaten so many sweets and feels unhappy.

How did Maz's feelings change?

Maz is excited to go to a birthday party. When he arrives, he doesn't know anyone there and doesn't have anyone to talk to. Maz is feeling too shy to talk to anyone.

How did Maz's feelings change?

Maz is enjoying dancing at the party, but then he thinks he hears someone laughing at his dancing. Maz's gets embarrassed.

How did Maz's feelings change?

Maz is excited to visit earth, but after a few weeks feels lonely as he is missing his alien family.

How did Maz's feelings change?

Maz likes to play in the sunshine, it makes him feel relaxed and happy. He forgot to put on his sun protection cream and hat. Maz is worried that he has got sunburn as his skin is red and sore.

How did Maz's feelings change?

KS1: Year 1/2 Lesson 2 Resource 4b: Maz's changing feelings grid 

What is Maz doing?	At first Maz feels...	Later on Maz feels...	What would help Maz to feel better?
Eating sweets	happy	unhappy	Have a glass of water. Next time he might save some sweets for another day.
Going to a birthday party			
Dancing			
Thinking about his family			
Playing in the sunshine			