L.O. To recognise and manage big feelings

Jun 23-08:08

starter

In 2 minutes write down as many different feelings as you can!

Jun 23-08:16

Maz is having a big feeling.

His body is tense

He is shaking

His fists are tight

What is he feeling?

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What advice could you give Maz

With your partner discuss

- What Maz might say to some one to tell them how he is feeling.
- What can he do that might help him with his big feeling

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Look at the feelings list for the begining of the lesson.

with your partner, decide whci the big feelings are and write them down on a white board.

Can you thin of any more big feeling to tell Maz about?

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Task - sort the feelings into big and little feelings.

Why have you sorted them like this share with the class

Jun 23-08:19

Maz finds out that his best friend from his home planet is coming to earth to visit him. Maz starts taking really loud and fast and shouts and whoops; he is jumping up and down and spinning round and round and round. He starts to jump and bounce on the sofa, even though the grown-ups tell him not too. Ooops - he makesa tear in the cushio. maz realises that he is having a big feeling that is affecting his behaviour.

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What big feeling is he having?

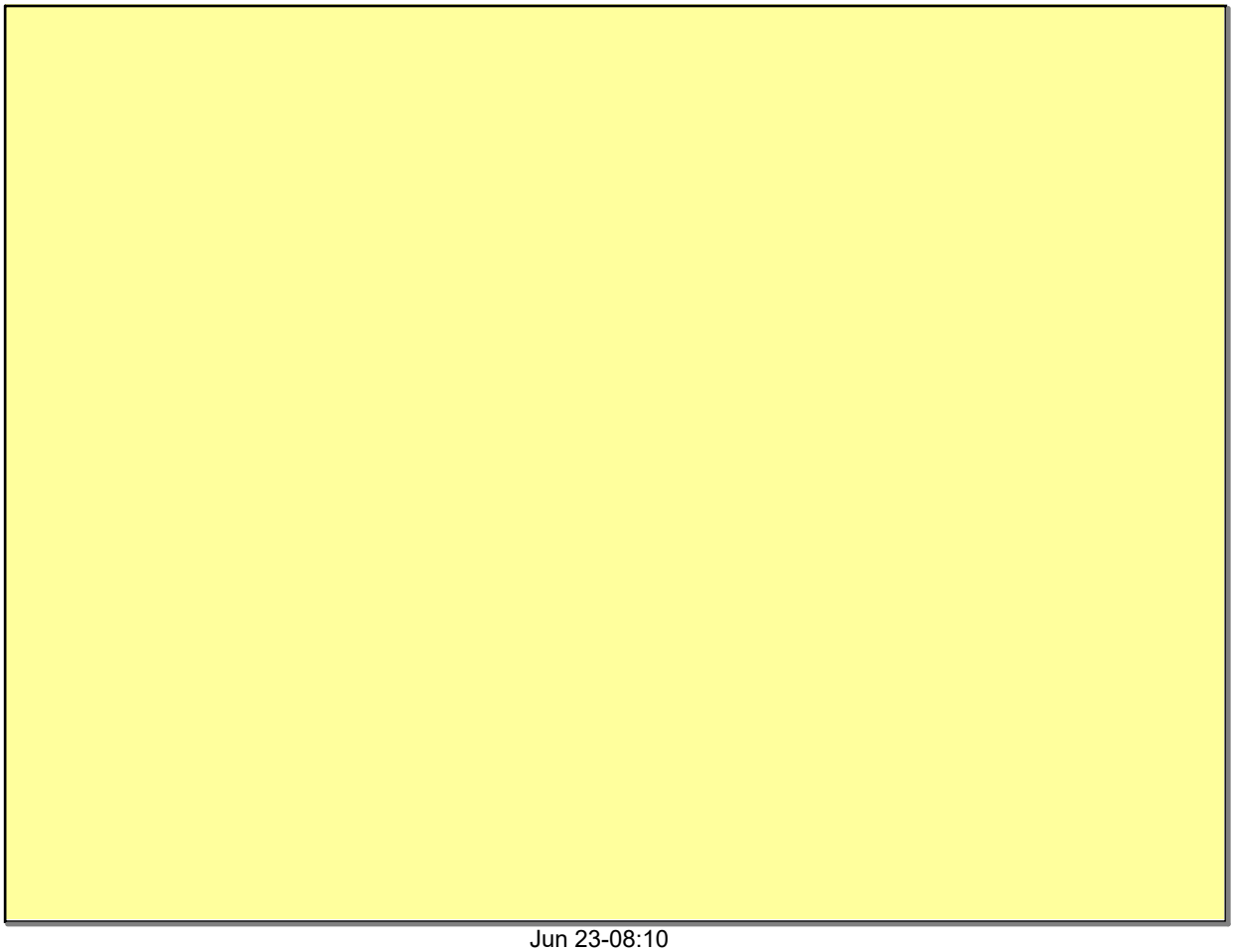
How is the feeling changing Maz's behaviour?

Which part of Maz's behaviour is not so good?

can you suggest ways that he could make the situation better?

What could you do to help Maz?

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Jun 23-08:10