

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

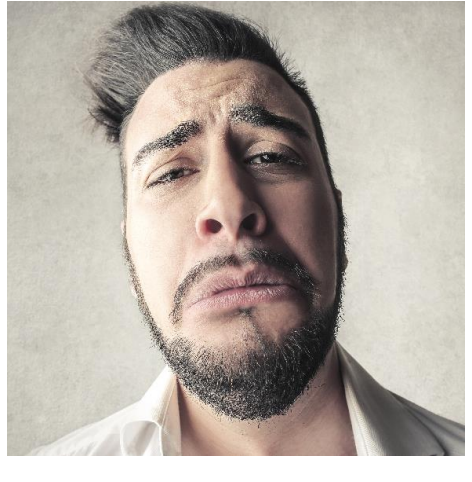
Determined

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

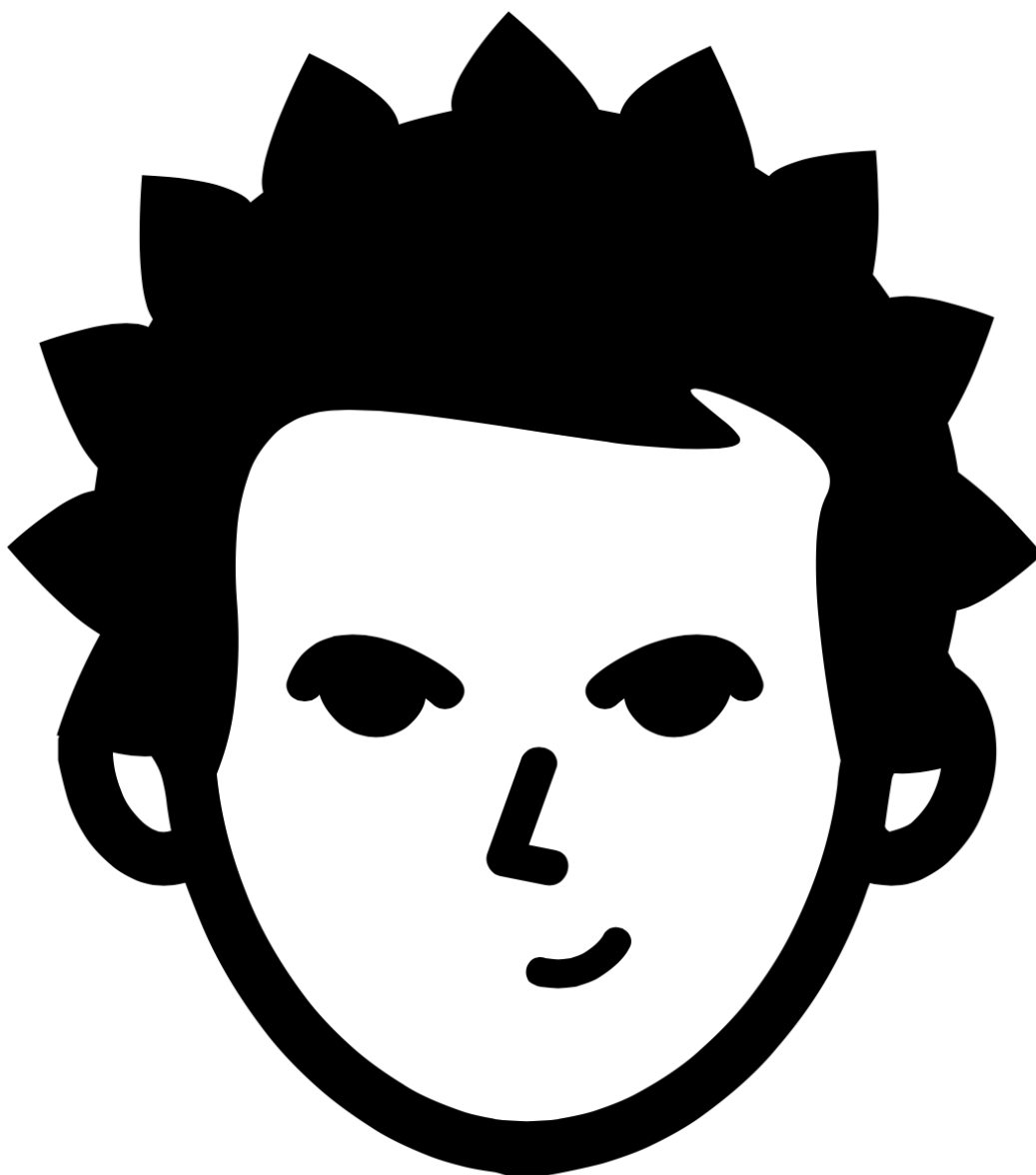


Happy

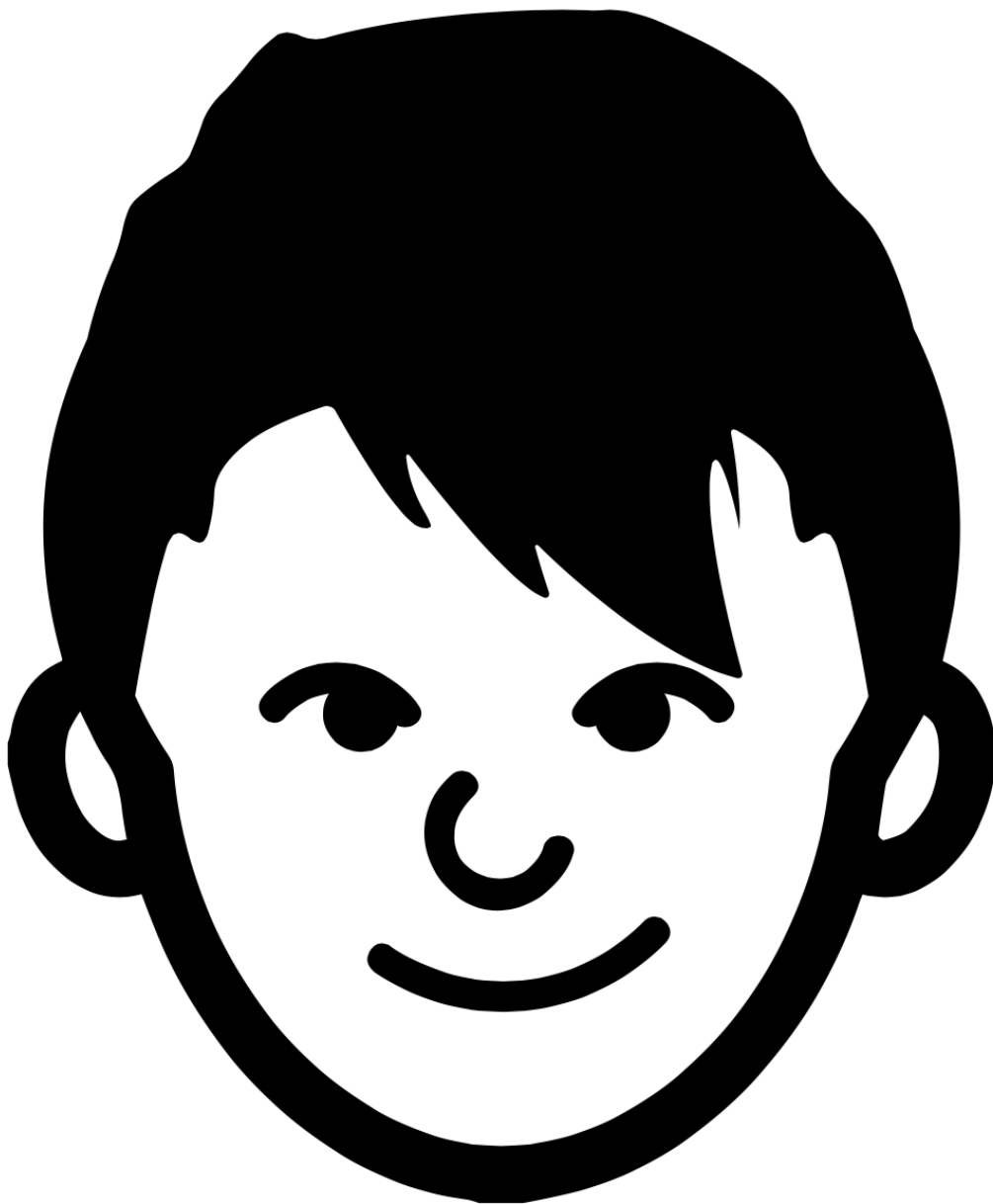
Angry

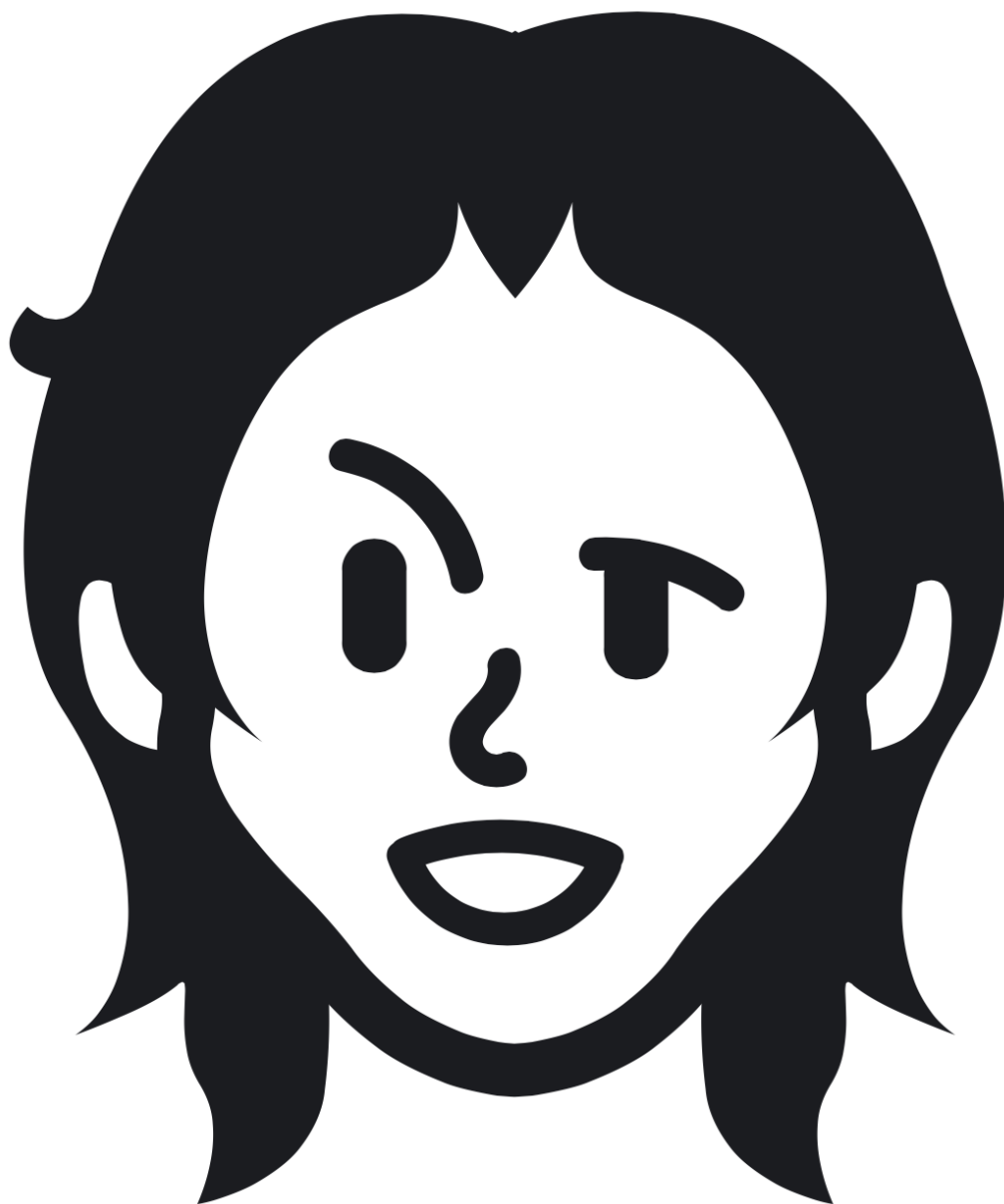


4. Cartoon faces feelings

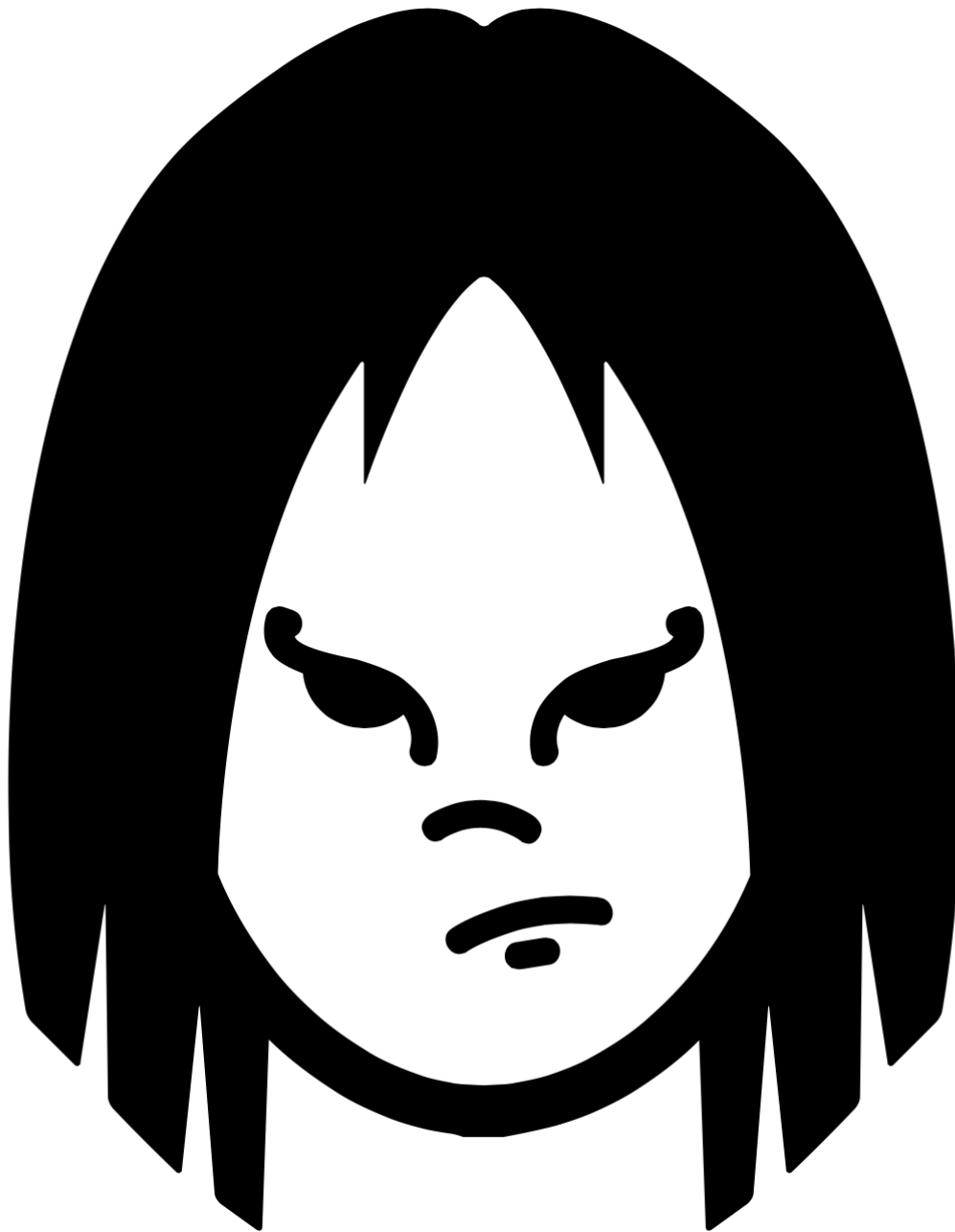






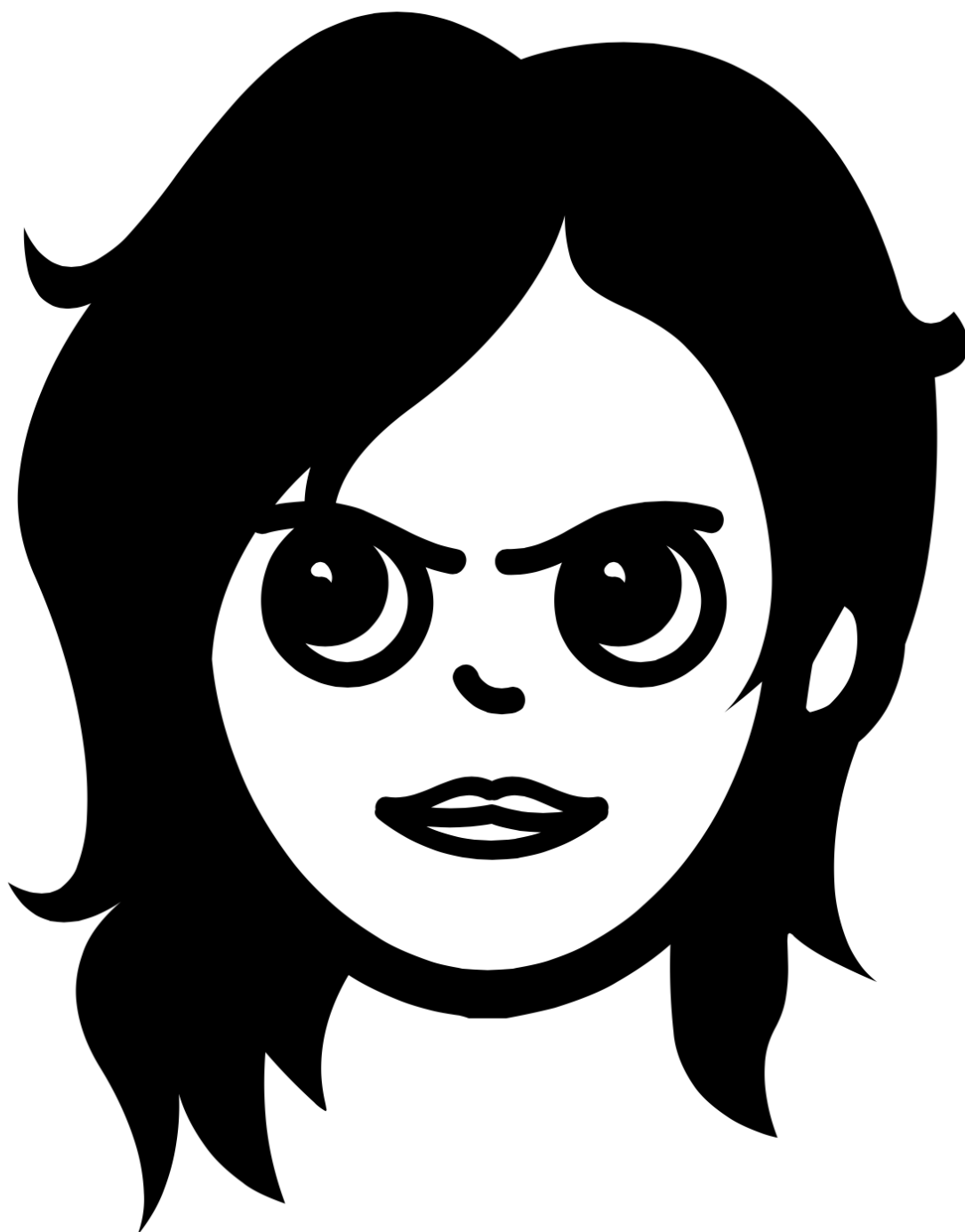






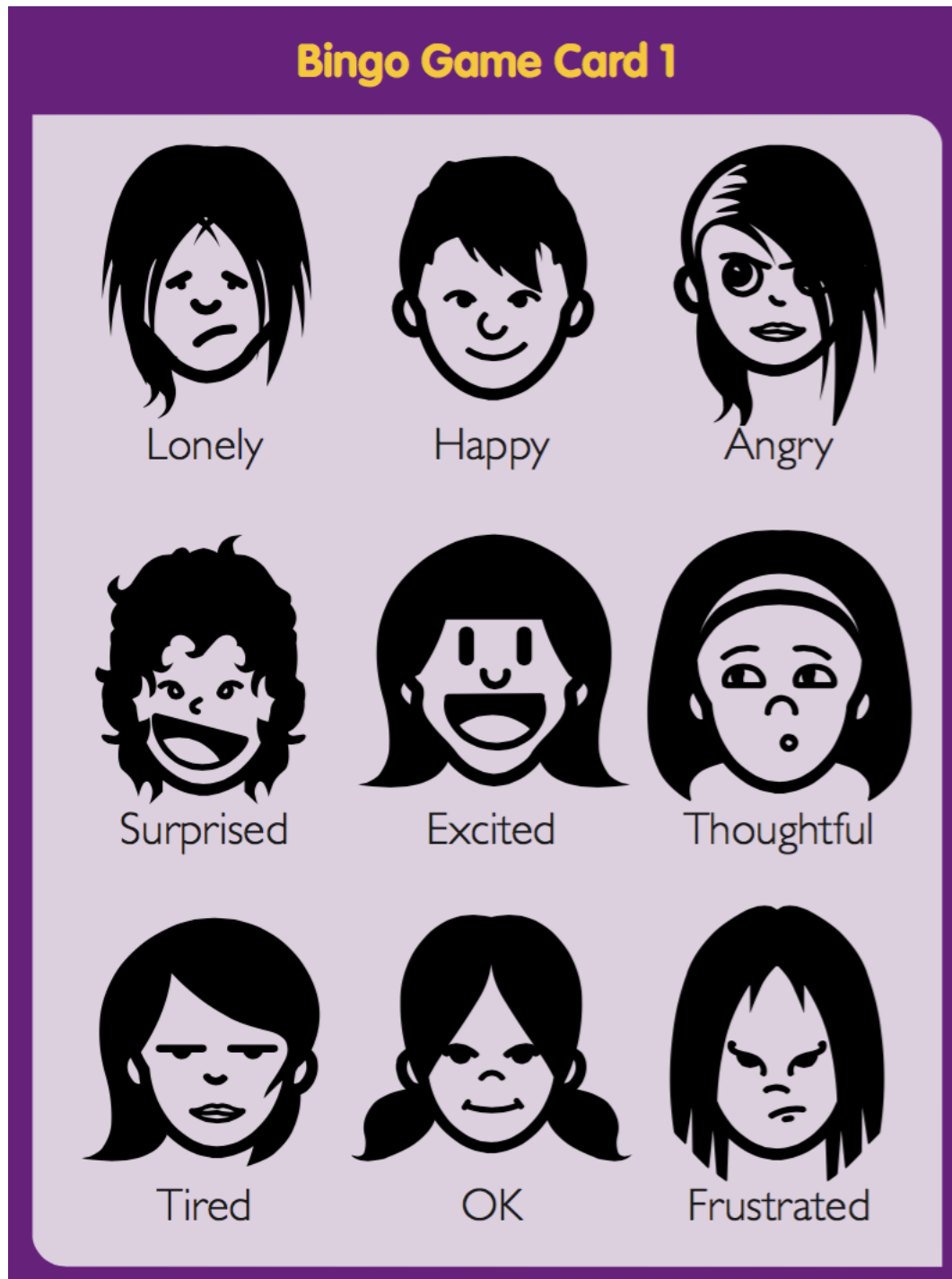








5. Feelings Bingo – game cards and teacher's cards



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



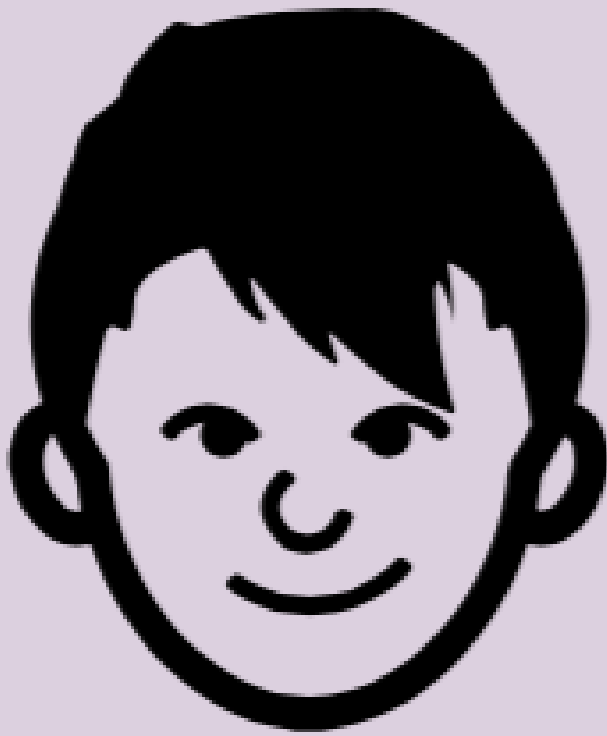
Angry



Excited



Surprised



Happy



Lonely



Proud



Confused

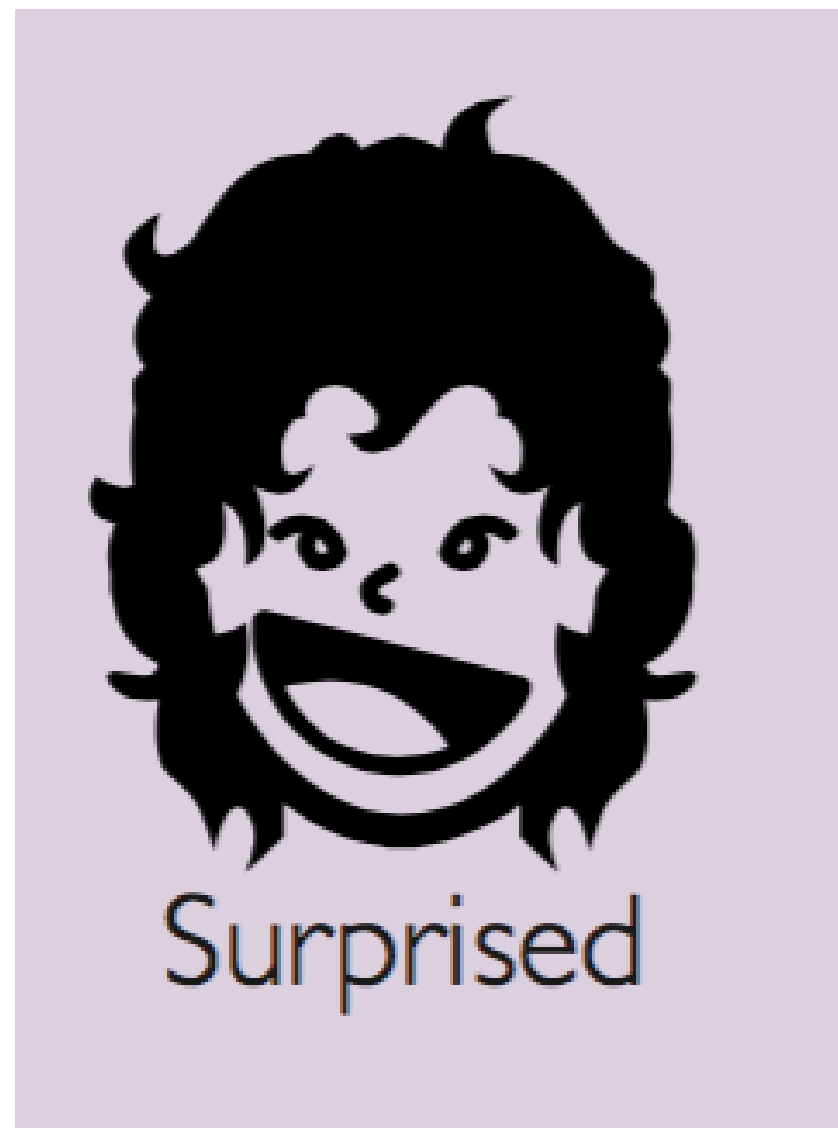




Frustrated



Pleased





Tired



Excited



Relaxed



Thoughtful



Suspicious

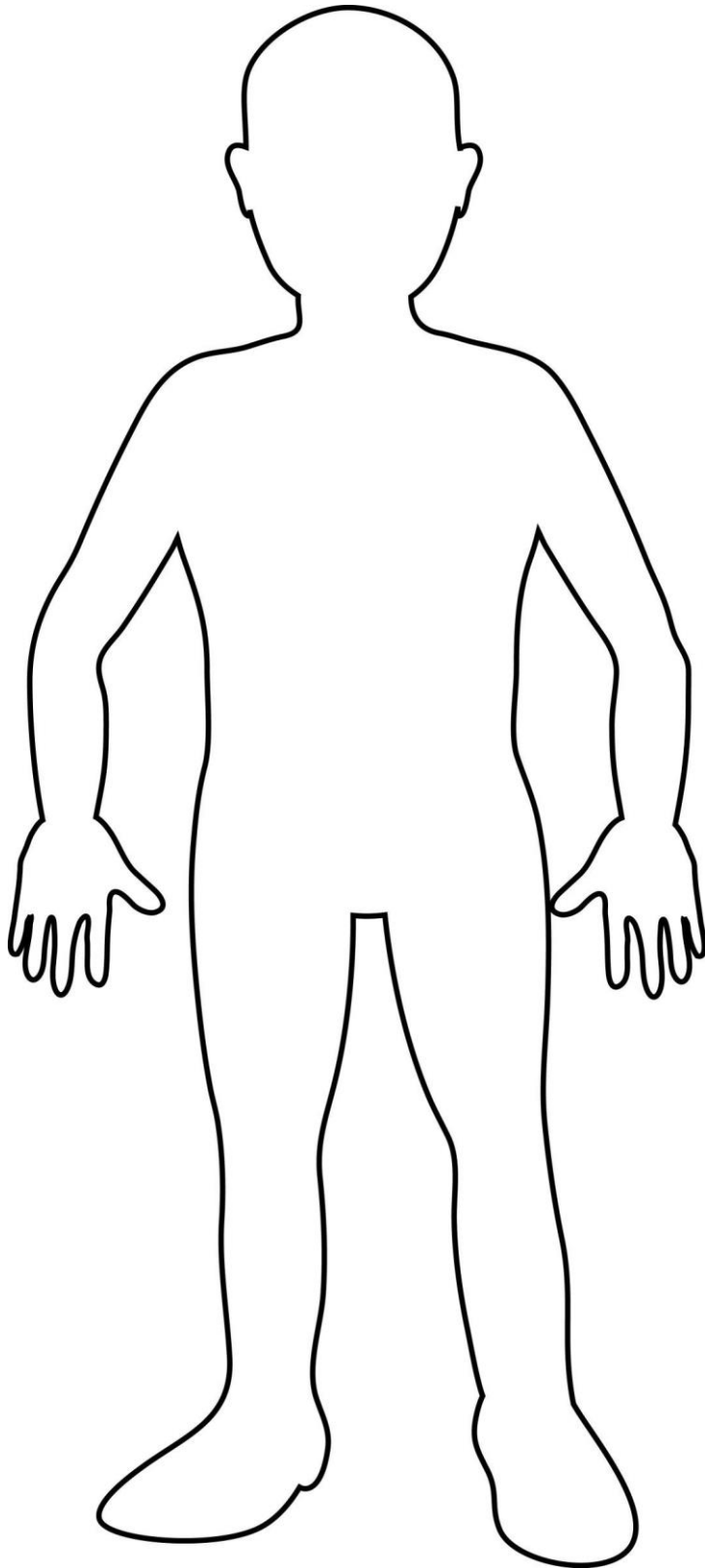


Sad



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



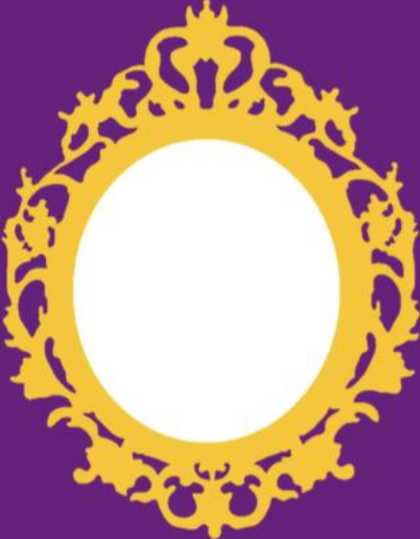
Here is how I'd look if I got lost



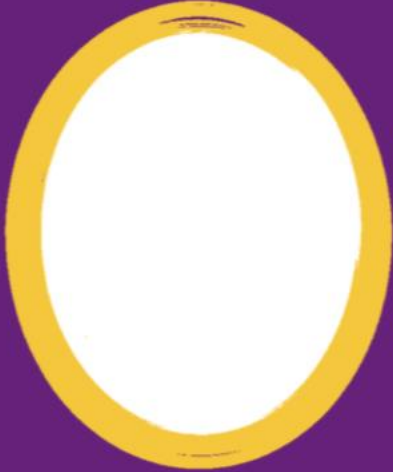
Here is how I'd look if it was my birthday



Here is how I'd look if I fell over



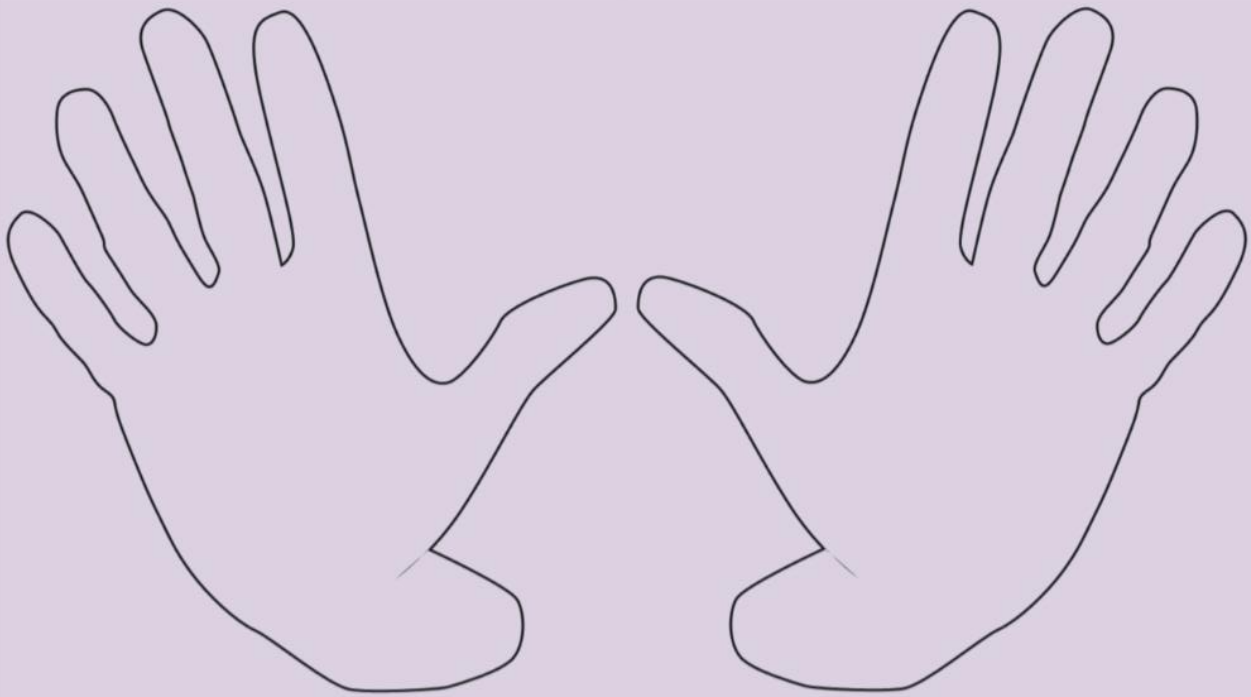
Here is how I'd look if I won a prize



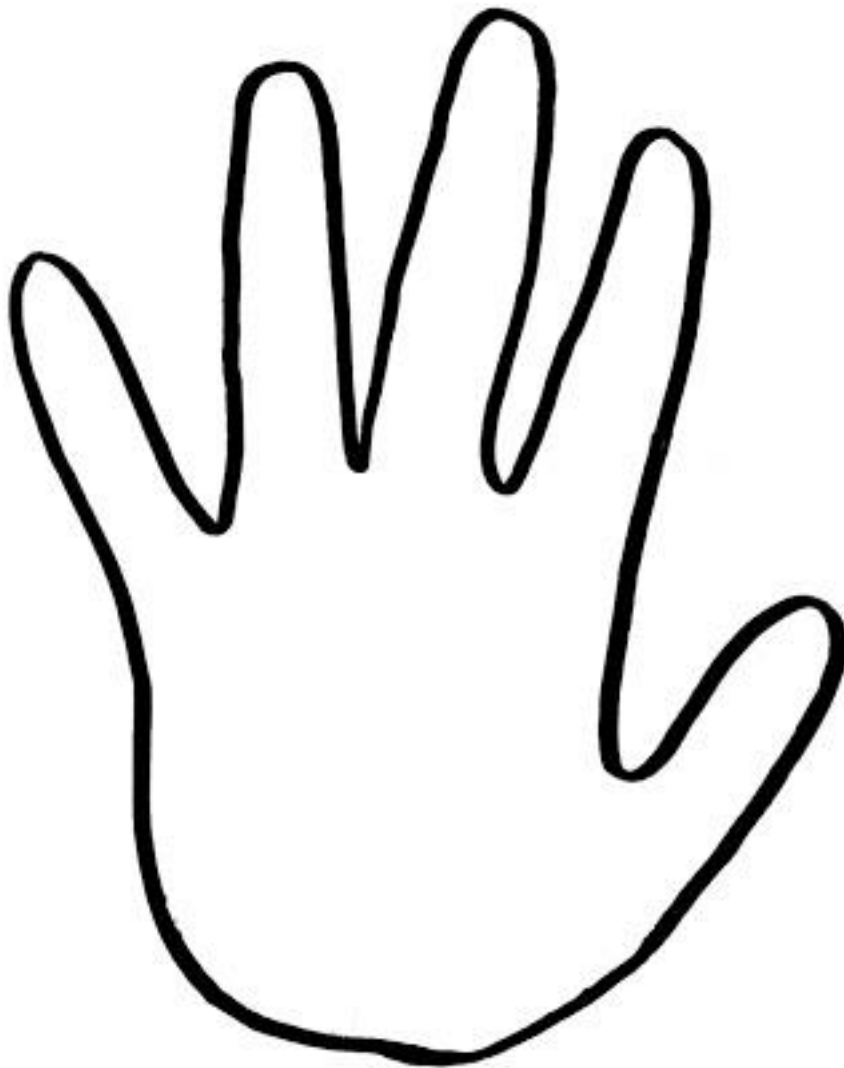
Here is how I'd look if I was told off

8. Helping hands

Who can help and what can help me



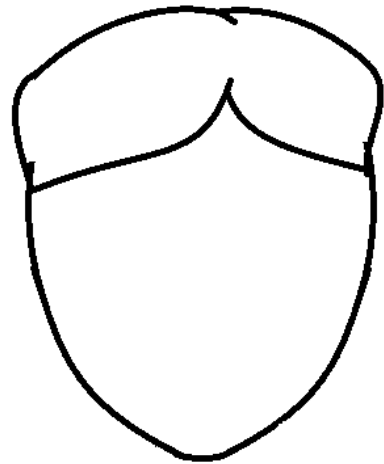
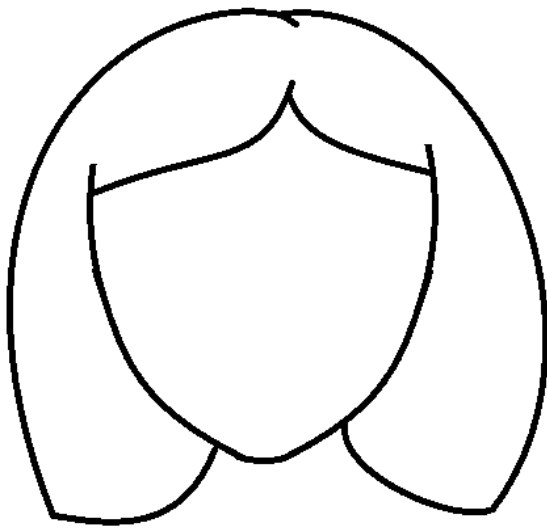
9. Working wall hand outline



10. Colourful Feelings

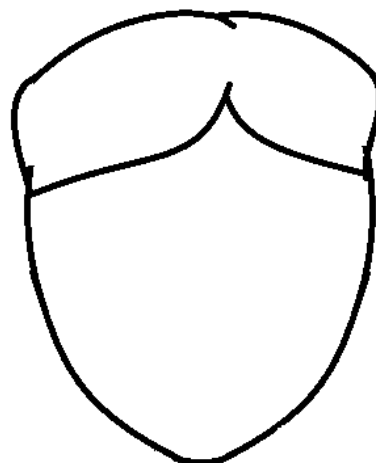
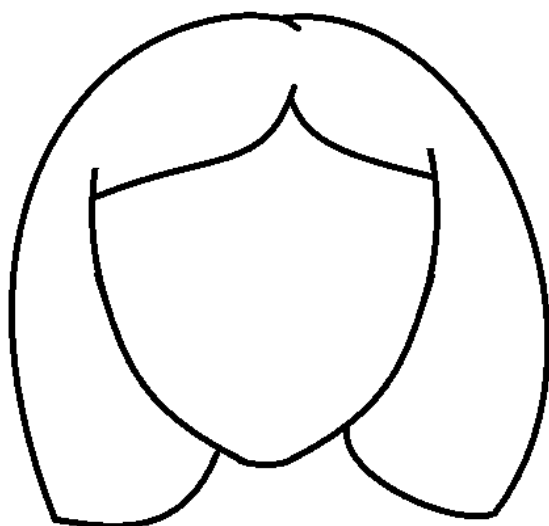
Pupils can work on this in pairs or groups either tackling one colour per group and coming back together to discuss as a class or creating a whole feeling colour palette as a group.

Red



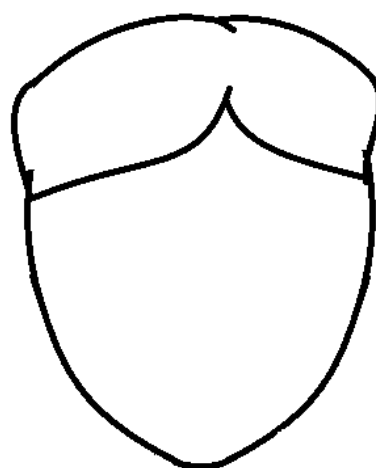
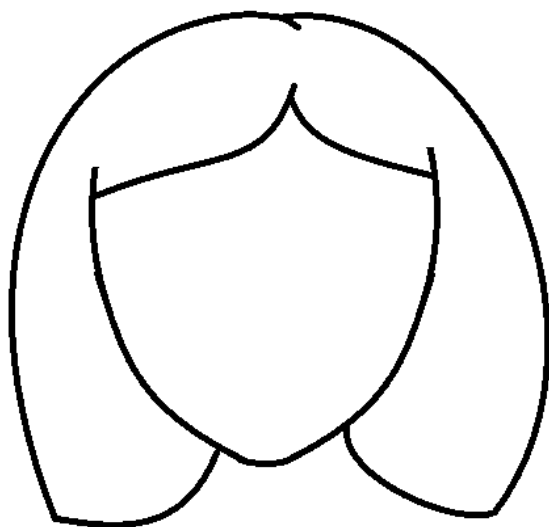
Red feelings

Green



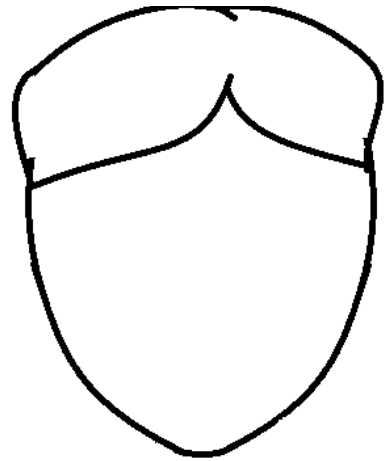
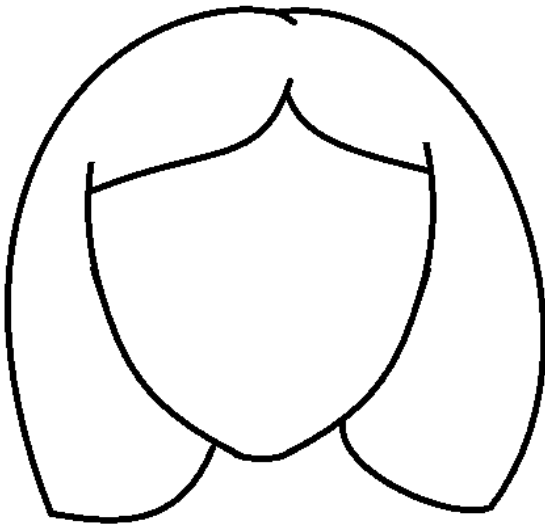
Green feelings

Blue



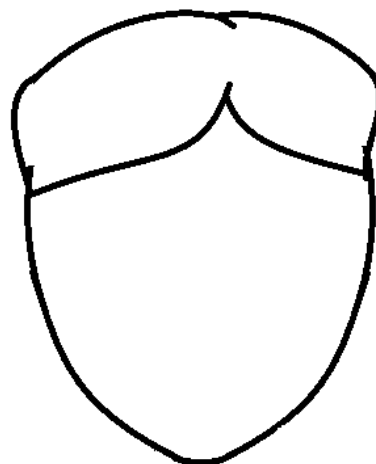
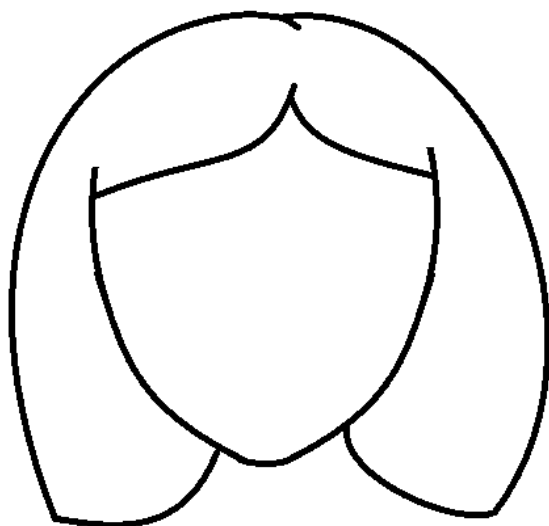
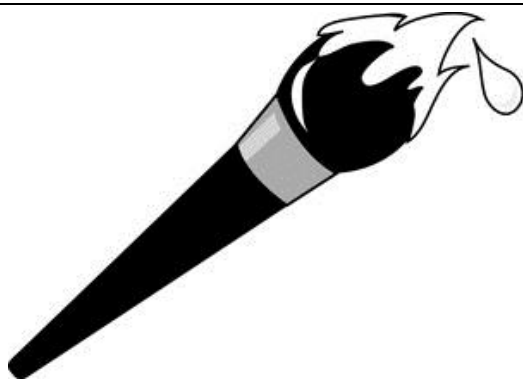
Blue feelings

Black



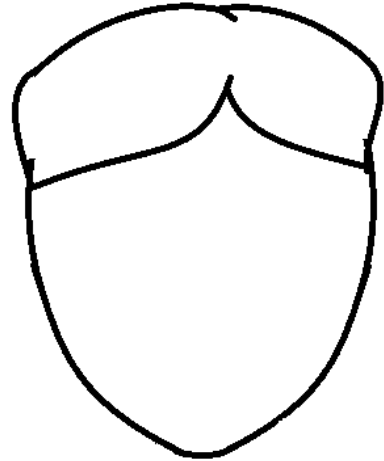
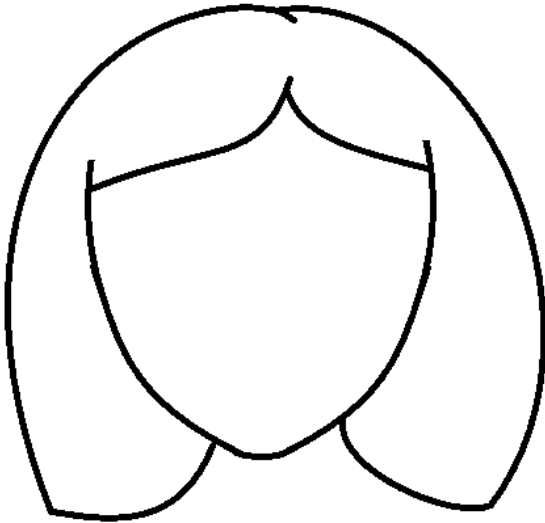
Black feelings

Yellow



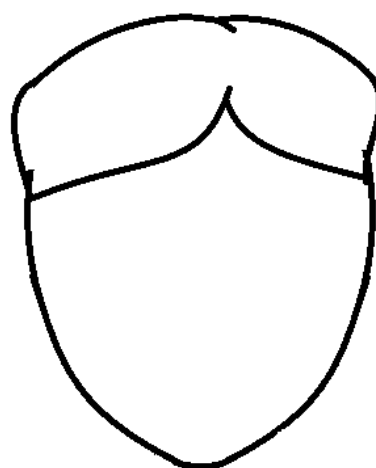
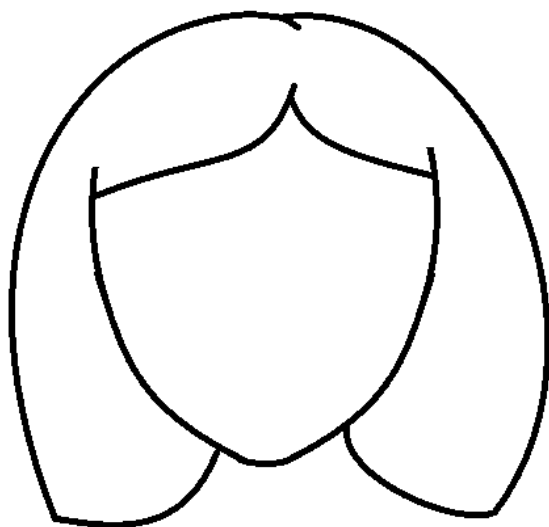
Yellow feelings

Purple



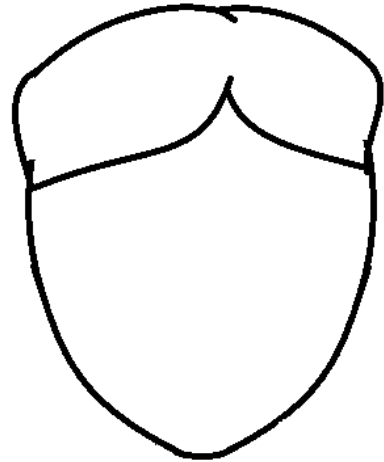
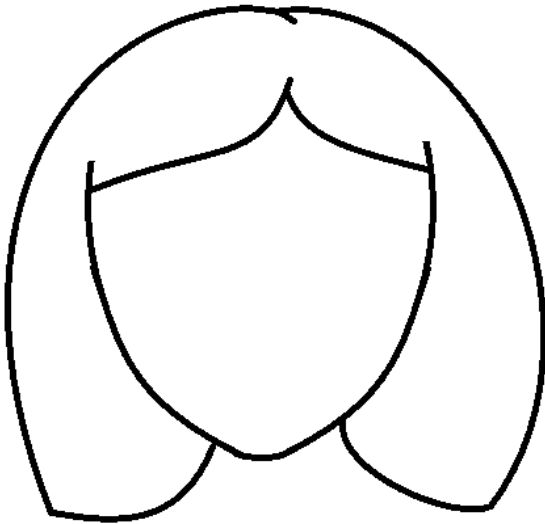
Purple feelings

Pink



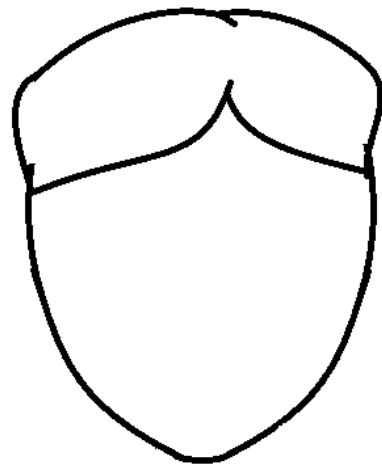
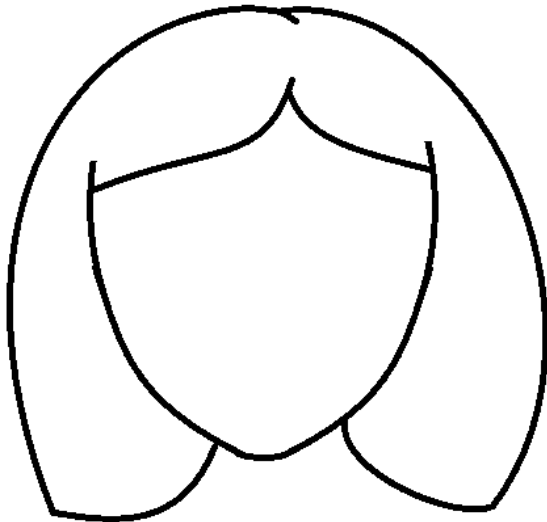
Pink feelings

Orange



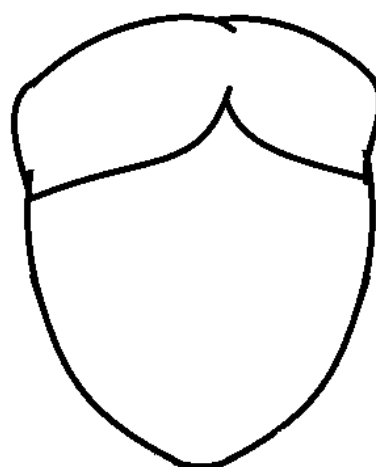
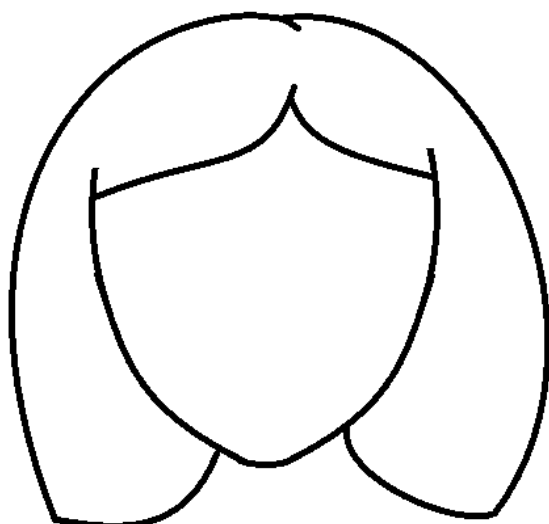
Orange feelings

Grey



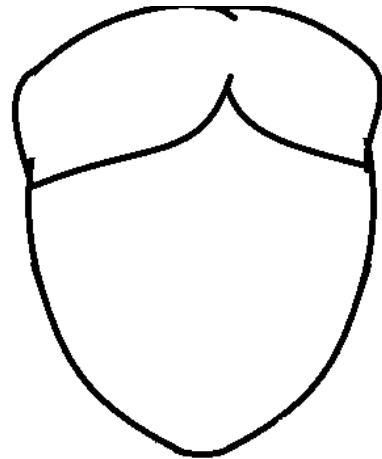
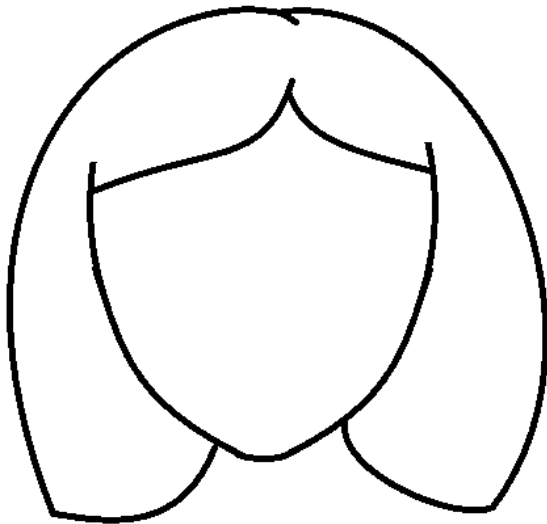
Grey feelings

Gold



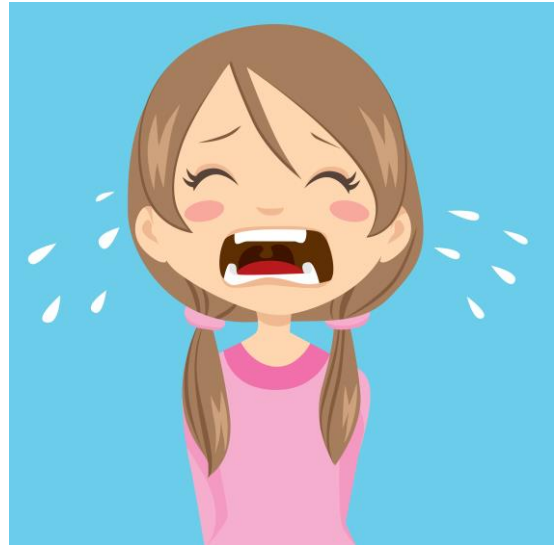
Gold feelings

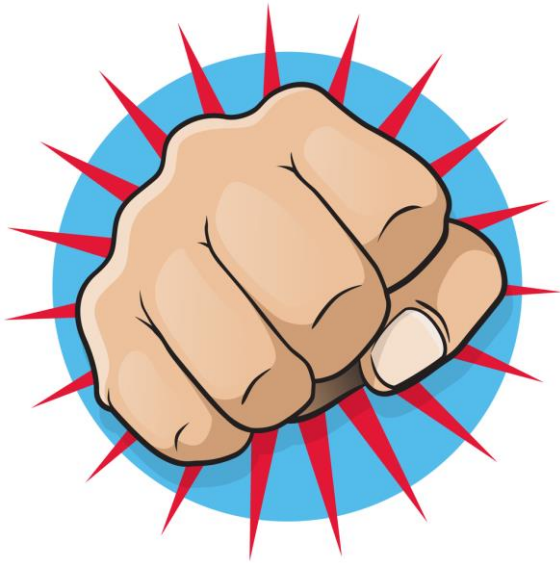
Silver



Silver feelings

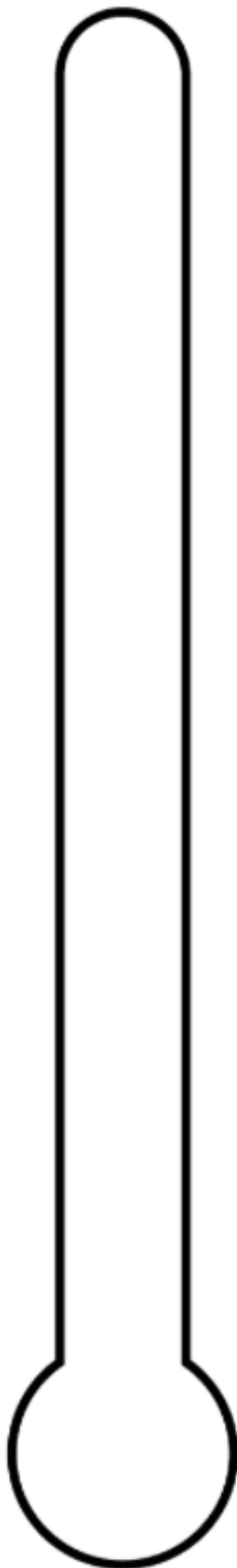
11. Situation images







12a. Feelings Thermometer - Happy



10

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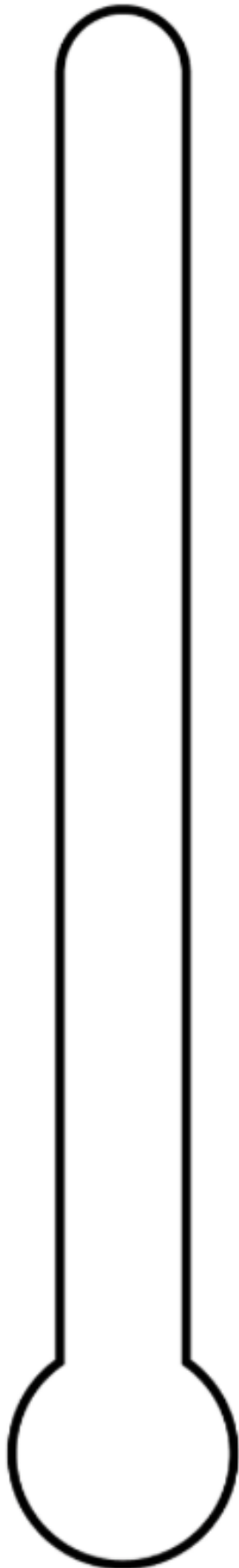
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12b. Feelings Thermometer - Sad



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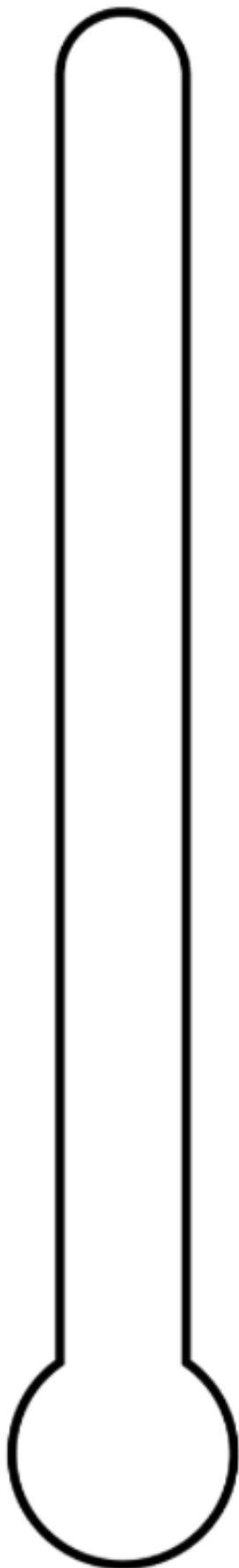
4

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12c. Feelings Thermometer - Excited



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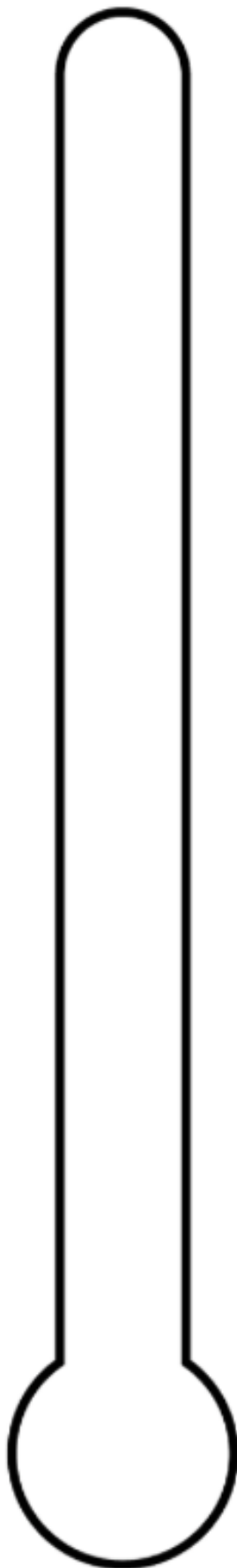
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12d. Feelings Thermometer - Angry



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5

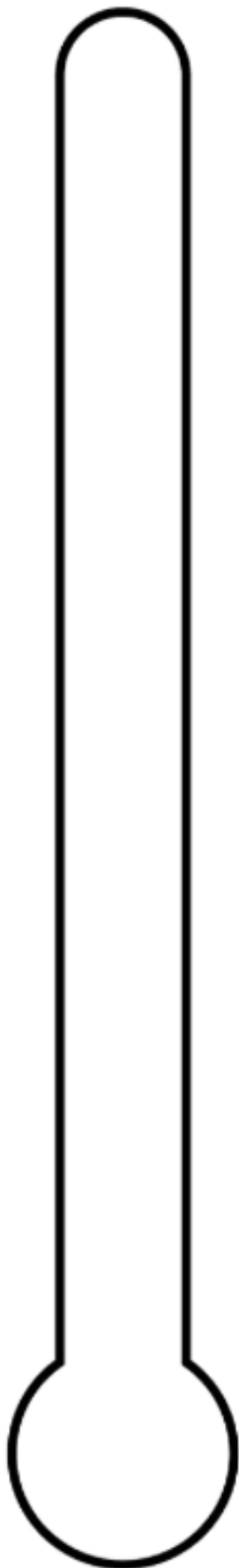
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13. Feelings Thermometer – Feeling relaxed



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