

Week 5—Feelings

Activity 1

Lets think about the different emotions the bears and Goldilocks felt in the story.

How did the bears feel when they realised someone was in their house uninvited?

How did Goldilocks feel when she saw their house?

Why should Goldilocks not have gone into the house?

How did Goldilocks feel when she broke the chair? How did Baby Bear feel when he found the chair? How would you feel if your favourite toy was broken?

How did the bears feel when they found Goldilocks in Baby Bears bed?

How did Goldilocks feel when she saw the bears?

Do you think Goldilocks learned from her mistakes and never entered a house uninvited again?

Do you think Goldilocks realised how she had made the bears feel?



Activity 2

Follow the link to watch the story of The Colour Monster.

<https://www.youtube.com/watch?v=Ih0iu80u04Y>

Now look at the feelings on the **resource sheet**

Can you think of different experiences that would make you feel a certain way?

What could help?

Activity 2

How am I feeling?



UNSURE



ANGRY



WOW



THOUGHTFUL



SURPRISED



SILLY



NERVOUS



UNWELL



SHOCKED



SAD



HAPPY



CROSS



PLEASED



UPSET



WORRIED