

How Are You Feeling?



Can I recognise strong emotions?

Sometimes we can't always explain how we are feeling. That's usually the time someone we know asks us if we're ok.

Sometimes we feel low, anxious or unhappy and we can't think why.

Feeling like this is ok. But sometimes we feel like this for so long that we don't want to do anything at all.



What Happens?

If we feel unhappy and we can't explain why, sometimes things can get out of control.

Think about a time when you felt out of control.

Did you lose your temper?

Did you throw something?

Did you shout at someone?

Timed Pair Share



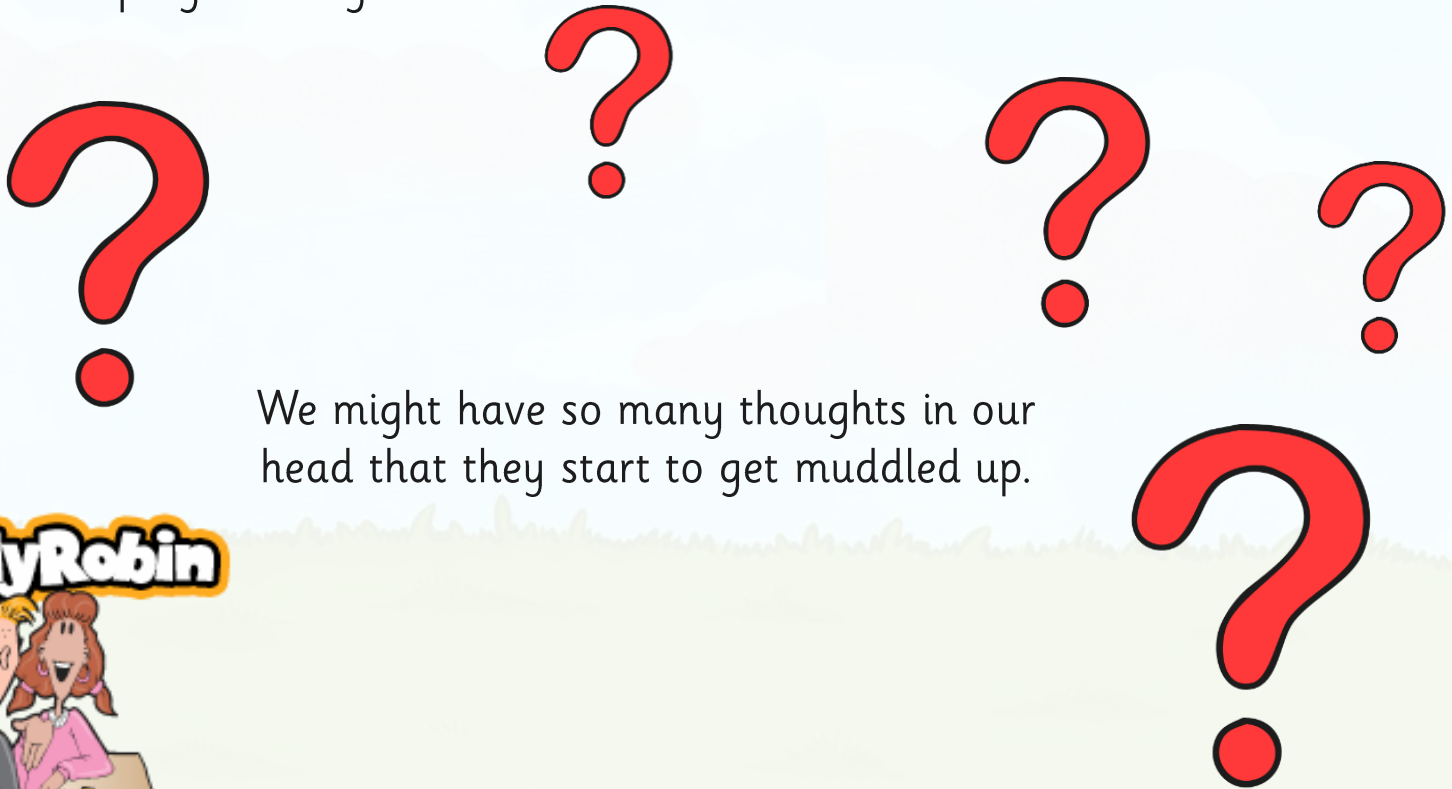
What Might Happen?

If we don't deal with these feelings, things can get very messy. We might fall out with our friends. We might get into trouble at school. Our parents might get angry with us.



What Can We Do?

We often feel out of control of things that happen in our lives. We get told where we need to be, what time we have to leave, who's picking us up, even where we might be sleeping that night.



We might have so many thoughts in our head that they start to get muddled up.



Get Out There!

Exercise is very important for your mental health. Moderate exercise is recommended for up to 30 minutes a day. Have a go! You could:



Walk the dog



Ride your bike



Walk to school



Rollerskate

Help Other People

There's nothing like the feeling you get when you are appreciated by other people. Helping them is a great way to do something useful but also feel good about yourself.

Is there a neighbour you can pop to the shop for?

Have you got a Grandma who needs help with making tea?

Do you have a younger brother or sister who you could read to at bedtime?

Think Good Things About Yourself

Thinking positively is tricky when you feel low, but following a few of these tips could help that downward spiral of negativity.

Avoid people who are unkind to you. Don't try to make them be friendly.

Consider your achievements – all those swimming certificates and dance exams mean you are doing really well!

Control your temper and walk away. Breathe deeply and concentrate on that until you feel calmer.

Think about things you enjoy doing and that you're good at.

Take Time Out

Things get really hectic at school these days and we can be just as busy at clubs and groups we go to after school. When do we make time for ourselves?

Recharge your batteries – even if you just lie on your bed for 10 minutes in peace and quiet.

Write down how you're feeling. It's a good way to get things off your mind without upsetting anyone else.

Think of your favourite place. Remember what you might hear, see and feel like when you're there.

Ask For Help



There are people out there to help you.

Ask for help.

LO: Can I recognise strong emotions?



We all get angry at times. It is fine to be angry but we must learn to recognise and control our emotions appropriately according to the particular situation.

What makes
you angry?

How do you
know you are
getting angry?

What happens
when you
are angry?

Reflection: What can you do to calm yourself down?
