

Social Emotional Learning

Lesson 6: Self-Awareness Feelings

SEL Objectives:

- To understand and use a range of feeling words.
- To know that feelings can be either comfortable or uncomfortable but ALL feelings are OK to have.
- To recognise the difference between feelings and behaviours.
- To understand that feelings can change and it is important to talk about and share how you feel because we all have feelings.

Talking Points:

- 'Feelings' is a word for all the different ways you can feel on the inside like happy and sad. Feelings can show on the outside and we can tell others how we feel.
- How can we show feelings on the outside? E.g. our facial expressions, body language and even your tone of voice.
- How many feeling words can you think of? On a sheet of paper write down as many feeling words as you can. Discuss some of the different words your child has come up with.
- What do you notice about the feeling words? Discuss the idea we can sort them into 2 groups **COMFORTABLE** (e.g. proud, excited) and **UNCOMFORTABLE** (e.g. angry, disappointed).
- We don't label feelings good or bad because ALL feelings are OK and normal to have. Ask everyone in your household to share a time when they felt happy (comfortable). Share a time when you felt sad (uncomfortable). We all have feelings!
- Feelings are OK to have, but it is important to remember that our behaviours can be 'OK' or 'NOT OK'. Can you think of any 'NOT OK' behaviours? E.g. teasing, hitting, breaking property. Can you think of any OK behaviours e.g. deep breaths, sharing, asking.
- Feelings can change over time. What makes me sad (or uncomfortable) today might not feel so sad later.
- Sometimes we can feel more than one feeling at the same time. Share a time when you felt two or more feelings at once e.g. I felt excited and nervous about going to the party. Discuss.



- We can do lots of things to help us to feel better when we feel uncomfortable e.g. scared or worried. Can you think of what might make you feel more comfortable again? E.g. take a deep breath, exercise, listening to music, think 'Happy' thoughts. (You can refer back to SEL Lesson 2 – 'Calming Down' for more ideas).
- One great way to help us feel better is to talk about how we are feeling with someone else. Who might you talk to about you are feeling? E.g. Mum, Dad, Teacher, Friend, Aunty etc....
- Foundation stage/KS1 – You might want to watch the Audio Book 'Tamara Feels Worried' and discuss the feeling worried - see link below).

Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 26/05/20. The Audio Book for 'Tamara feels Worried' can be accessed online <https://bit.ly/35hoFr1>

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

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| Pre-School: | Drawing Activity |
| Age 4-7: | Share your feelings – Sweet Game |
| Age 7-11: | Feelings Chart |

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.