

Thinking About Feelings



Upper Primary



Storybook

Title: Your Mind Is Like The Sky, pages 7-9
Author: Bronwen Ballard
Call No.: J 158.1 BAL
Publisher: Lincoln Children's Books, 2019

Excerpt

Thoughts come and go for us all the time. Half the time they've been gone before you've even really noticed. The trouble with raincloud thoughts is that they're dark and mysterious. They can make everything else seem dark, too.

Let's Discuss

1. Can you identify, name, and accept your emotions without getting lost in them? What are the benefits of doing so?

Answer:

2. When you are happy, sad, angry or afraid, do you share your feelings with those around you?

Answer:

Check out these books:



Title: Annie's Jar Of Patience
Author: Megan Johnson
Call No.: J JOH
Publisher: MVP Kids, 2019



Title: Guts
Author: Raina Telgemeier
Call No.: J 155.9 TEL
Publisher: Scholastic, 2019



Title: Be Kind
Author: Naomi Shulman
Call No.: J 177 SHU
Publisher: Storey, 2019

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Challenge 1: Wheel of Feelings

Pop out the emotive words and match them to the appropriate feeling on the colour wheel, by slotting the pieces into the slits.

Challenge 2: Understanding my Emotions

Think of a recent incident that you experienced or saw. What were your thoughts and feelings towards it, and did they affect your actions? Follow these guiding questions to find out!

What happened?

What went through my mind?

How did I feel?

What did I do? How did I behave?

How did I feel afterwards?

