Recognising our Emotions

(worry)

By Mrs Walton

Rachael Walton June 2020

Today I...

- will know what the word 'emotion' means
- Learn that emotions create different sensations, feelings and behaviours
- Find out that emotions come in different intensities (or 'shades') and that there are different words to describe these (synonyms)
- Be able to apply this knowledge to what I know about feeling worried.

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Write down 3 different emotions that you have felt recently...

Emotions I have felt recently...

How did you know? How did they affect your body?

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Guess the emotion

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Sweaty palms, fast heartbeat, clenched fist and jaw, red face, tense muscles.

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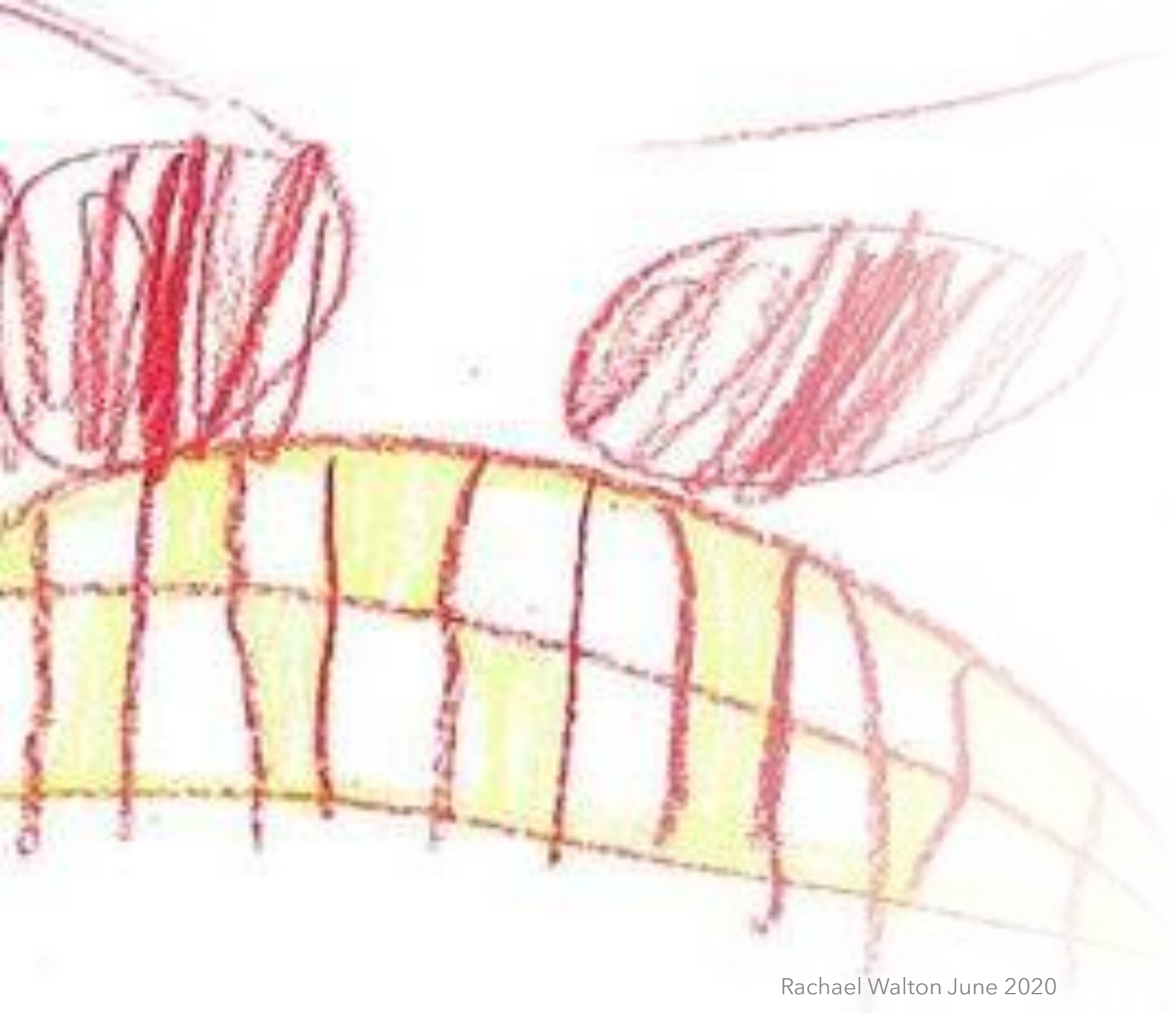
Did you guess anger? Could it be any other emotion?

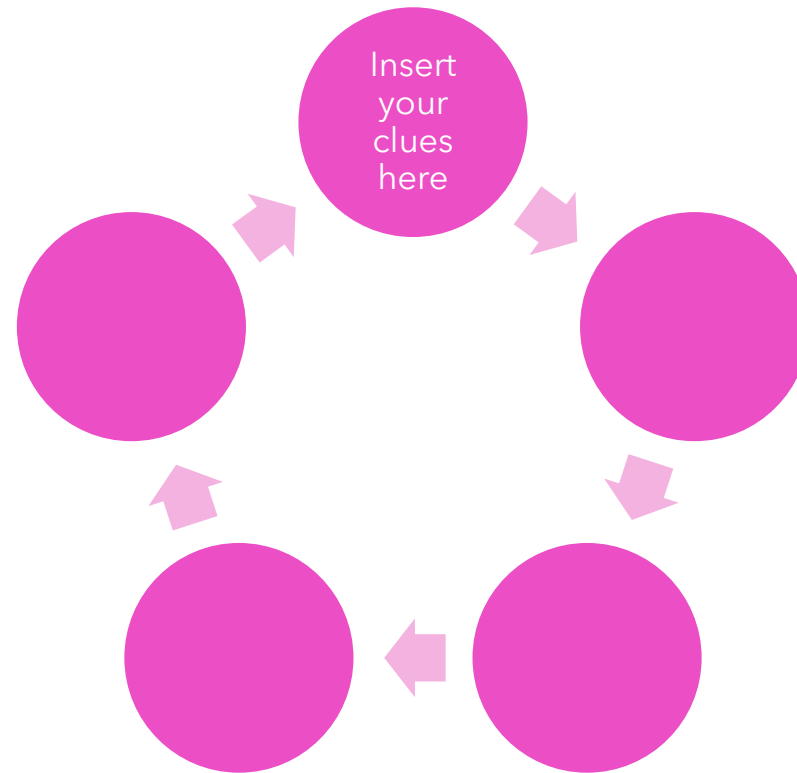Not every body is the same

Now your turn...

Guess the emotion

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Insert a title in here after you've asked someone to guess the emotion. If you've got Powerpoint skills, you could set this up to reveal on your click!

Insert your clues here

Insert images to show the emotion after you've asked your teacher to guess...

Explaining our feelings is sometimes difficult...

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How many different words (synonyms) can we think of that could mean 'worried' ?

Worried synonyms...

Your synonyms here...

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Did we get any of these?

uneasy	Tense	Anxious	Stressed
distraught	Concerned	Unsure	Uptight
On edge	Distresssed	Nervous	Beside myself

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Shades of Emotion

Now put these in an order...

least

most

How does it feel when we feel worried or anxious?

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How does it feel when we feel worried or anxious?
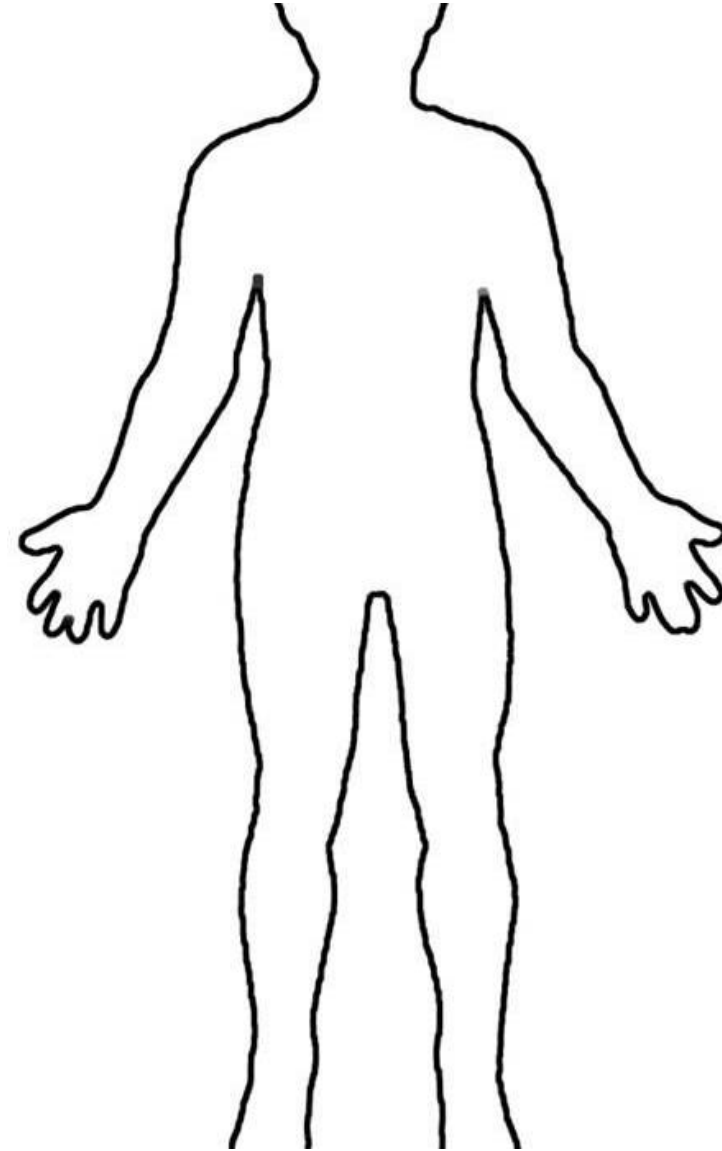
Click to add text

Click to add text

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Listen whilst you work…

1 https://youtu.be/F4sNi2PUiWM

2 https://youtu.be/Kdb1Ao0om3M
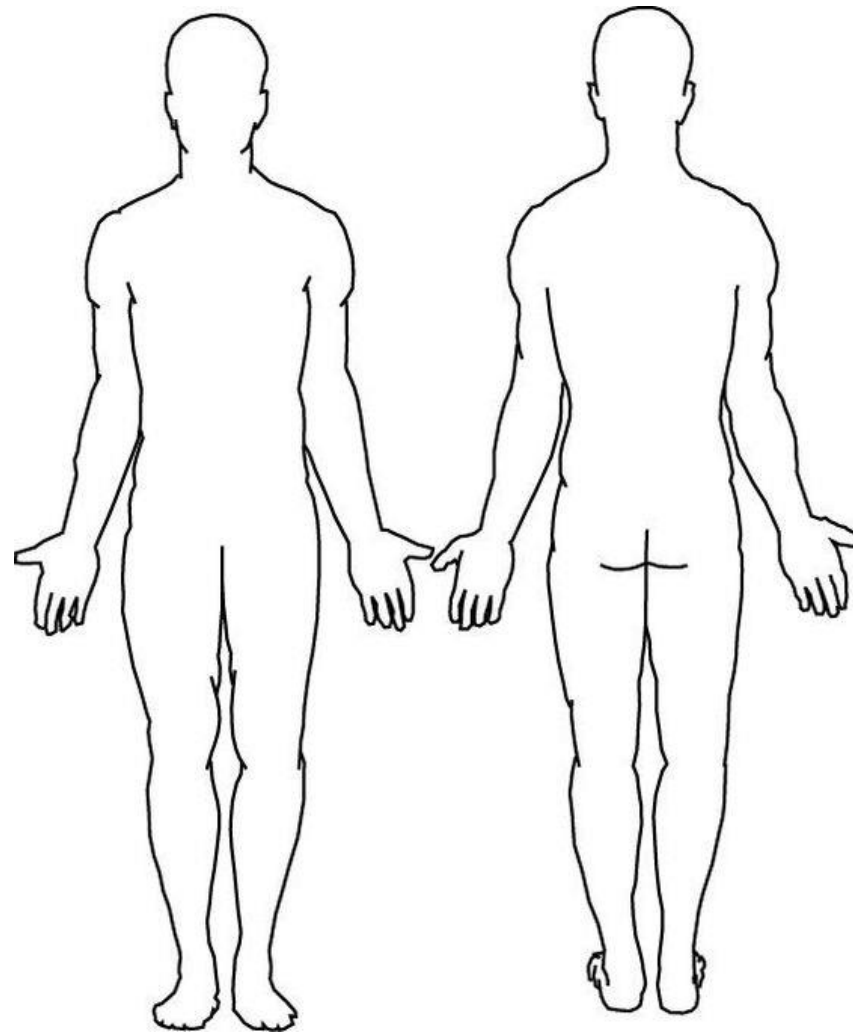
Worry is normal...

Everybody worries or feels anxious

It comes and goes

It can be helpful (for example, adrenalin can help us perform better, it can help us think before we do something, it could help us weigh up the pros and cons etc.)

We are living through some very unusual and worrying times

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3 things that might help…

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THINGS THAT ARE **IN MY CONTROL**

THINGS THAT ARE **OUT OF MY CONTROL**

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write it down..

Things that are...

In my control

Out of my control

breathe...

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https://www.globalplayer.com/live/smoothchill/uk/

Listen to calming music