

What Makes Me a Me? PHSE Understanding Emotions

Subject Specific Vocabulary			Sticky Knowledge
Emotions	The way you feel – eg happy, sad, worried, angry, frustrated.	This term we are learning about What Makes Me a Me? We will think about our emotions and what makes us feel certain ways. We will work on how we can express our emotions appropriately and how we might regulate ourselves. We will also talk about friendships and what qualities makes a good friend. We have included some information that you may like to share with your child as well as some suggested activities. Have fun! Brain Teaser ... Can you talk about this picture? Who do you think they might be and how do you think they are feeling? What do you think has made them feel this way? 	Emotions are like the weather. They come, they change, and they go away again.
Calm	Peaceful, settled, and focused inside, where your body and mind feel safe, quiet, and ready to learn.		All feelings are okay, but all behaviors are not. It is okay to feel angry, but it is not okay to hurt anyone.
Regulate	The ability to manage your own emotions, attention, thoughts, and physical behaviours in ways that match your environment and situation.		Our bodies talk for us. A smile, a frown, or a heavy heart shows how we feel inside
Expression	How we show our feelings by expressions on your face, by your behaviour or what and how you might say things.		Taking turns keeps everyone smiling. Sharing a toy or a game means everyone gets to have fun.
Friend	A special person that you like to spend time with and play with.		Saying "sorry" fixes things. When we make a mistake, saying "sorry" helps mend a friendship.
			Kind words and helpful hands makes us feel happy.

Emotion Face Mirrors

You need: Small mirrors or paper plates
Look in a mirror and make a happy, sad, angry, worried, or excited face. Encourage your child to guess the emotion. Ask your child to make a face for you to guess.

Friendship link: Ask, "What could we do to help a friend who feels sad?"



Pass the Smile

Sit in a circle with your family. One person turns to the person next to them and gives a big smile. That person "catches" the smile and passes it on.

Friendship link: Talk about how smiles and kind faces can help friends feel welcome. Ask, what makes you smile?



Feelings Colour Hunt

You need: Coloured cards or crayons
Choose colours to represent feelings, such as yellow for happy, blue for sad, red for angry, and green for calm. Hunt around the room for an object in each colour.

Friendship link: Ask when might you feel each emotion?



Kindness Chain

You need: Paper strips, crayons, tape or glue
Each person draws or dictates one kind thing they can do for a friend, such as "share," "help," or "say hello." Link the strips together to make a family kindness chain.

Friendship link: Display it as a reminder that small kind actions matter.



Friendship Freeze Dance

You need: Music
Play music to dance to. When the music stops, call out a friendly action such as "wave to a friend," "give a high-five," or "say something kind."

Friendship link: Practice friendly ways to connect with others.



Teddy's Big Feelings

You need: A teddy or puppet
Use a teddy or puppet to act out a short situation: "Teddy's tower fell down and Teddy feels cross." Ask your child to name the feeling and suggest helpful responses.

Friendship link: Children might suggest, "Can I help you rebuild it?" or "It's okay to feel cross."

