

Lesson Ideas

Times that I felt....

When different things happen to us, we feel different things. Ask the children to think of a time that they were really happy. What were they doing at that time? Was it a special occasion? Now get the children to think of some other emotions and again, times when they felt them.

Point out that some things, like getting presents on our birthday, can make us really happy. Other things, like someone dying, can make us really sad.

Materials Needed:

Packet of digestive biscuits, icing sugar, water, sweets

Main Activity:

Give each one of the children three biscuits, some icing and a selection of sweets. They are going to make three different faces. A face that describes how they feel today, a face that shows them when they are sad, and a face that they can decide for themselves.

They can use the biscuits as the face and choose sweets for the eyes, nose, mouth, hair, tears etc, which they stick on with little blobs of icing.

Plenary:

To finish, get each child to show their biscuit faces and talk about the feelings that are represented and what it was that made them feel that way.

National Curriculum Requirements:

1d, 2f, 3a, 5c