

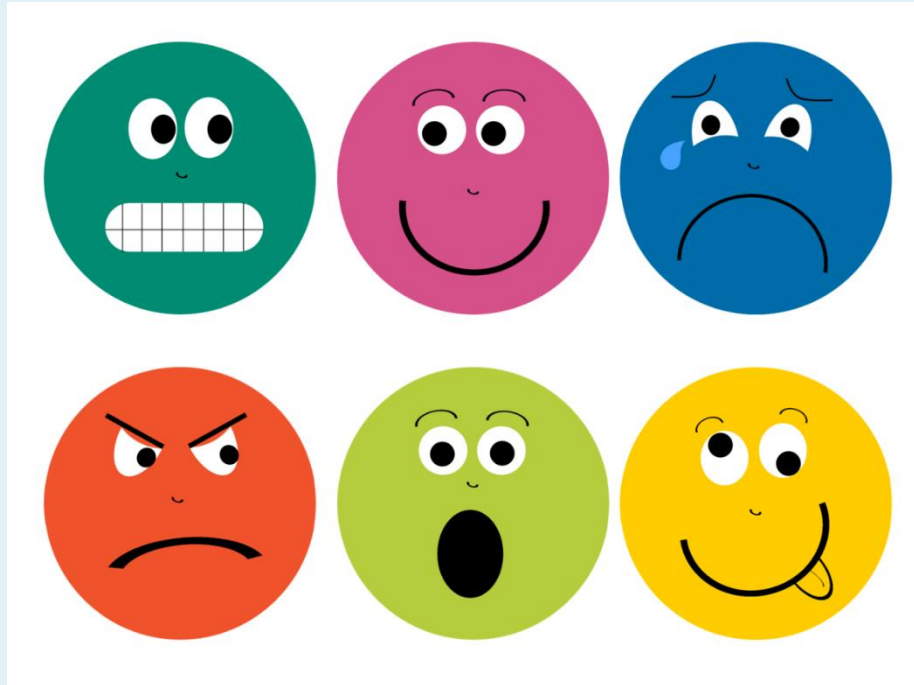


You can hear this story being read at:

https://www.youtube.com/watch?v=nATzLLi3s4I&feature=emb_logo



'Inside my heart and in my head, all kinds of feelings dwell.'



Can you draw or talk about all the feelings that you can think of? What do they look like?

We feel our feelings all over our body, but they 'work' in our brain. The movie, 'Inside Out' might help to explain this. If you have the movie... you can watch it. If not, the link below introduces you to the Feelings.

<https://www.youtube.com/watch?v=puXSw8yrVnl>



Right now, our feelings might be all mixed up. We might not even be able to explain how we feel. Talking to each other is important.

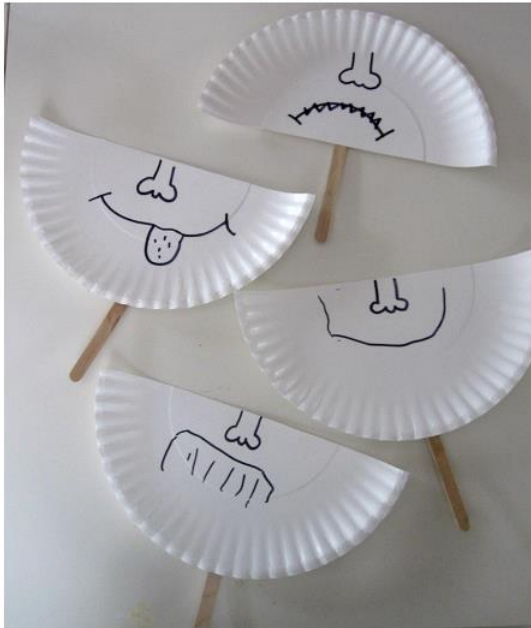
On the next few slides there are some activities for you to try. Have fun 😊

Design your own 'Feelings Critters'

Pick your favourite feeling, design your own character. You can make it out of any material you choose. You can sew, using material or felt or model, using clay, plastercine, playdoh or salt doh. You can use recycling or 'junk modelling' or paper plates etc. You can draw it or make it using balloons filled with flour or rice. Don't forget to tie the balloon tightly 😊. Give the balloon it's face using sharpies or permanent pens. Have fun making your 'Feelings Critters.'



paper plate **EMOTION MASKS**



Kimochis

...happy with feelings inside



Some Mr Men and Little Miss characters - show feelings and emotions too.



'Everyone is different and their feelings aren't the same and what you feel is who you are.'

It's good to be you. Be proud of yourself.

What have you to be proud of?
Tell each other your 'I'm proud story'.

You can download this resource from <https://thelinkingnetwork.org.uk/home-learning-resources> and explore our other #homelearning resources.

Hope you have a good day and remember to keep talking!



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