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How is this girl feeling? What happened in the moments before this? **Write** a story about how she ended up this way.

Movie Emotions Tally Maths

Come up with a list of emotions that you know.

Watch a movie/TV show or read a book.

Keep a tally chart. Each time a character shows one of the emotions you know, mark down one tally. If you spot any new emotions, add them to your tally chart.

Afterwards, have a go at making a [bar graph](#) showing which emotions appeared the most.

Exploring emotions:

Watch this short film, how does it make you feel?

What facial expressions can you see?

<https://www.youtube.com/watch?v=ot39iS3Y7Uw>



Making puppets



<https://www.youtube.com/watch?v=hMpD3LOk0OM>

<https://www.youtube.com/watch?v=ayFG5Ow4wXI>

Play charades **with your family and get them** to guess these words (emotions):

*Frustrated
Happy
Sad
Jealous
Angry
Excited
Bored*

Scoring with Vowels and Consonants

Choose 5 words from your list of emotions.

Score them like this:

Consonants = 2 points each

Vowels = 5 points each

Which emotion has the highest score? Which has the lowest?

For example, SAD has a score of 9 (2 + 5 + 2 = 9)

Vowels = A, E, I, O, U



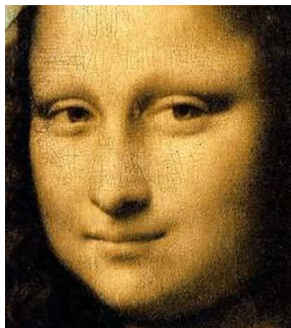
What are 6 emotions that you know? Create an emoji for each of these emotions and/or create a word find with these words in it.



Create your own puppet out of different materials you can find around the house.

What is this person thinking?

Write a thought bubble, a short description or a story to explain.

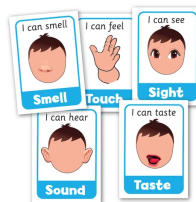


Do it, then write it!

Jump on your trampoline, go for a bike ride or a walk.

Draw a picture of what you did, and then write some sentences explaining:

How felt, what you saw, what you heard, what you smelt and what you touched.



Can you make something like this and recreate these different expressions?

What are the sorts of things people say or do when they are happy, sad etc.

<http://www.elsa-support.co.uk/make-a-face-activities/>

Make a positive difference:

Check in and see how a friend or family member is doing in their bubble.

Call them, text them, email them or write a letter or a card and send it in the post.



