



## Got The Ice Cream Feels Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Paper for the Ice Cream Cone
- ▶ Ping Pong Balls (any kind of ball)

#### L.O:

- ▶ I understand why I could share how I am feelings with others.
- ▶ I understand why it is good to listen to how others are feeling.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – As a group discuss why it is important to share how you are feeling, and let others know that they can share with you how they are feeling.

#### MAIN TEACHING (10mins)

Tell your child that this activity represents not just the sharing of our own thoughts and feelings but listening to others sharing theirs as well.

#### - MAIN TASK - Got The Ice Cream Feels (15mins)

**GUIDANCE** – You can use any type of ball for this activity, or even healthy treats. Prepare a paper ice cream cone for your child, either before the lesson begins or set aside some time for them to create and decorate their own cones.

Have the children stand in a circle. Start off with one cone being filled with ping pong balls (ice cream) and tell the children that they must pass the ice cream from one person to another by tipping their cone into that of the person on the left of them without dropping any. The more ping pong balls that are still in the cone at the end the more points they get.

But every time they pass the ice cream they must

say the following: “Ice cream makes me feel... and I pass that feeling on to you.”

Have them share a different word each time describing how ice cream makes them feel, as well as remember and list out what was said by the other children.

At the end count up the number of ping pong balls that were not dropped on the floor and count up the points.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Together with your child discuss the words that came up during the game and make a word map to see all the different types of emotions and feelings that were thought of.

#### DID YOU KNOW!

When ice cream melts it releases air bubbles that are trapped inside, meaning if you refreeze it, it will be harder and small. No air to make it fluffier. Check out the science lesson that looks at the difference between land ice and sea ice.



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### CHILDREN'S SHEET

Pass the ice cream round the circle being careful not to spill any. As you tip the ice cream into the next cone say the following words: "Ice cream makes me feel... and I pass that feeling on to you." Share a different word each time describing how ice cream makes you feel.

Ice cream makes me feel...  
and I pass that feeling on to you.

