



Bottles On The Wall Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens
- ▶ Paper
- ▶ Our voices

L.O:

- ▶ To understand how to express emotions accurately.
- ▶ To learn how to understand emotions being expressed.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group discuss times when you may have felt unable to express your feelings and why those times might have made us feel such a way.

MAIN TEACHING (10mins)

Tell the children that in this lesson we will be discussing the sharing of our feelings, the importance of not bottling up our emotions and how we can help others feel comfortable to share them with us.

Ask the children to explain why they think it is important to share their feelings?

Remind them that they are not obliged to share anything and if or when they do it should be with a close friend or a trusted adult. Whilst they should never feel forced into speaking about how they are feeling or what they are thinking, it can be beneficial to better understand it, receive help and advice and possibly discover ways to feel better.

Ask the children for suggestions on what to say if someone says something hurtful to them. Now ask them what they think might happen if they do not say anything at all.

MAIN TASK - Bottles On The Wall (15mins)

Bottling up our emotions can lead to us feeling worse

later on, as it may become too much for us to handle as emotions build up.

Ask for volunteers who will be pretending to be different bottles full of emotion. There will be suggestions on the children's worksheet.

Tell them to pretend that they had been building up those emotions for some time and now someone has taken the cork out of the bottle. How do they react?

Tell the children that we can help control and manage our emotions by sharing them as they arise to hopefully avoid the overreaction.

Now have the other children guess what emotion was in each bottle.

PLENARY (2mins)

GROUP DISCUSSION – Together 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!

Being able to express our emotions can be really useful when trying to convince someone in an argument or debate. Check out our literacy lessons on persuasive writing.



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CHILDREN'S SHEET

Choose a number of emotions from the list below and think about how that emotion would sound and look if it had been bottled up for a very long time, then someone had pulled the cork out of the bottle. Act out the emotion to see if anyone can guess what emotion you are being.

- | | |
|---------------|--------------|
| ▶ Fear | ▶ Pride |
| ▶ Anger | ▶ Confidence |
| ▶ Sadness | ▶ Shyness |
| ▶ Joy | ▶ Amusement |
| ▶ Disgust | ▶ Admiration |
| ▶ Surprise | ▶ Confusion |
| ▶ Excitement | ▶ Calm |
| ▶ Contentment | ▶ Nervous |
| ▶ Love | ▶ Happy |
| ▶ Envy | ▶ Boredom |

