



# SIXTIES



## Big Feeling Countdown Worksheet TEACHER GUIDANCE SHEET

### Required Material:

- ▶ Pens / Pencils
- ▶ The Big Feelings Countdown worksheet

### L.O:

- ▶ To recognise when I am overwhelmed by emotions.
- ▶ To understand how I can regulate my emotions.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Introduce the term ‘big feelings’ and together discuss what it might mean and how it applies to being sensible.

### MAIN TEACHING (10mins)

Leading on from the group discussion, tell the children that people can often be overcome by ‘big feelings’. But these feelings aren’t always negative ones such as anger, fear or sadness but can be excitement or happiness as well.

Some emotions however can lead to outbursts and if we let them build up be difficult for us to manage or keep under our control. When this happens we risk upsetting or even hurting other people.

Keeping our emotions in check can help us regulate our reactions to them and avoid outbursts. Ask the children for volunteers to suggest ways in which we could do this.

Make sure the children are aware that they shouldn’t feel the need to hold in their feelings, but feel able to manage them.

### MAIN TASK - Countdown (15mins)

Tell the children that a good way to self regulate our emotions is to count if we are overwhelmed

by how we are feeling. Counting helps us to centre thoughts and calm our nerves, giving us a better chance of keeping our emotions under control.

Along with counting we can also try thinking about things that make us feel happy or calm to further help with self regulation. Have the children think of up to 20 things that make them feel happier or calmer and in any order write or draw them next to the numbers.

The next time they feel like they are having trouble managing their emotions have them count and read out the item next to it to help them keep their emotions in check.

**For example:** One: Ice cream / Two: Dogs / Three: Sunny Days / Four: Music etc...

### PLENARY (2mins)

**GROUP DISCUSSION** – Ask for volunteers to share their lists and explain why they chose some of their items to help cheer them up or calm them down.

### DID YOU KNOW!

The Beatles rock band formed and Beatlemania followed as they were met by screaming fans all over the world.



**SIXTIES**



# Big Feeling Countdown Worksheet

CHILDREN SHEET

A good way to manage our emotions is to count. Counting helps us centre thoughts and calm our nerves, giving us a better chance at keeping our emotions within our control.

Along with counting we can also try thinking about things that make us feel happy or calm to help even more. Think of up to 20 things that make you feel happier or calmer and in any order write or draw them next to the numbers.

The next time you feel like you are having trouble managing your emotions count and read out the items next to the numbers to help keep emotions in check.

For example: One: Ice cream / Two: Dogs / Three: Sunny Days / Four: Music etc...

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>