



AWESOME AFRICA

I Sometimes Feel... Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The 'I Sometimes Feel...' Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ I understand that I should try not to hold on to my negative feelings.
- ▶ I understand the benefits of sharing these feelings.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about a time when we have held on to a bad feeling, discuss how it made us feel and why we think it might be good to be able to share those bad feelings.

MAIN TEACHING (10mins)

Leading on from the group discussion tell the children that when we bottle up our negative emotions it can sometimes feel like we are about to burst. Like a balloon filled with too much air, it wouldn't take much for it to pop.

Ask for volunteers to share if they have ever felt like this, and if so how did they stop themselves from bursting?

Tell the children that if they try letting the air out bit by bit or in this case share their emotions as they happen, then they might find that their emotions become easier to manage and keep under control. See if they can suggest ways to do this.

MAIN TASK - (15mins)

In this activity we are going to think about a negative feeling that we have been holding on to recently. Or if they have trouble doing that then they can choose any negative feeling that they may want to share.

Tell the children that they are going to decorate a poster depicting the negative emotion they sometimes have, to help them feel more confident to share these negative feelings rather than bottle them up or hide them away.

If you would like you can add on to the end of the activity a chance for the children to take turns standing up and shouting out "I SOMETIMES FEEL..." and their emotion, to highlight the importance of sharing. But be mindful of children who may have sensory issues and not like the loud voices.

PLENARY (2mins)

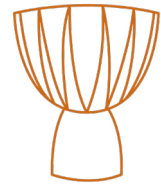
GROUP DISCUSSION – Ask for volunteers to talk about how it made them feel to share their negative emotion.

DID YOU KNOW!

The Nile is the longest river in the world, passing through eleven African countries. The White Nile from Tanzania and The Blue Nile from Ethiopia join together in Sudan and flow into the sea in Egypt.



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CHILDREN'S SHEET

In this activity we are going to think about a negative feeling that we have been holding on to recently. Or if you have trouble doing that then you can choose any negative feeling that you may want to share.

Decorate a poster stating the emotion that you sometimes feel to help yourself feel more confident to share these negative feelings rather than bottle them up or hide them away.



I SOMETIMES FEEL...

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.