

Activities

Activity 1: Feelings

Ask the children how they feel today. Do they feel happy or sad? Spend time talking about the feelings the children experience. (Record their answers to play back during the reflective work in activity 7, **How do you feel?**)

Now ask the children what things make them feel excited – for example, anticipating a treat or a birthday. What does it feel like to be excited? Do they feel livelier? Do their hearts beat faster? How do their faces look? Give each child or pair of children a small mirror and ask them to put on an excited expression. What happens to their mouths? Do their eyes open wider? Now ask them to make a cross face. How do their faces alter? What happens to their mouths? What happens to their eyes? Ask the children to tell you what makes them feel cross.

Invite the children to draw something that makes them feel excited and something that makes them cross. Encourage them to work independently, where possible. At the end of the session, choose three or four children to show their work to the others. How many drew the same things?

Activity 2: Belonging

Talk about how the children feel when they belong to something. For example, how do they feel being part of your setting? How do they feel being part of a family?

Extend this by talking about how they feel being part of other groups or organisations, such as Rainbows or Beavers, a football team or an after-school club. What is special about belonging to these groups? Ask the children to think of three words to describe how they feel when they belong to something.

Give the children a copy of photocopiable page 36 **Belonging** (core) or the extension version on the CD-ROM. Use the completed sheets to continue your discussion.

Activity 3: Feeling happy

Ask the children how many of them like feeling happy. How does it feel to be happy? Do they have more energy? Do they smile more? Ask them what things make them feel happy. Encourage all the children to participate and to suggest one thing. Ask all the children to show you a happy face. Point out children that can show a really happy face to the others. How can the others tell that this person is happy just by looking at them?

Ask the children to look closely at their happy faces in the mirror and to draw or paint them on paper plates. Display the pictures them under the heading *Our happy faces*.

Invite the children to try the **Feeling happy?** interactive activity. They must decide if the pictures show a happy or sad event.