



Feelings

SPHE STRANDS:

**Myself – Self-identity –
Self-awareness**

**Myself and Others – Myself and
other people – Relating to others**

**Myself and the Wider World –
Developing citizenship –
My school community**

Feelings

- Display the following list of feelings on the board: Jealous, Angry, Upset, Sad, Lonely, Embarrassed, Disappointed, Confused.
- Chat about the first one – times when we might feel jealous – invite the children to give examples.
- Now ask the children to each think of one example where they might feel each of the feelings displayed on the board and to write them on a sheet of paper.
- Allow approximately five to ten minutes for this activity.
- When the children have finished look for volunteers to share a scenario they have come up with for each feeling. Each time, invite the class to think of a something a child who was feeling like that could do to feel better.
- Discuss how feelings are normal reactions.

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They are useful because they prompt us to act. Sometimes they are hard to deal with. It's good to share your feelings with others especially with a trusted adult at home.

Role-Play

Divide the class into groups of three or four and ask them to role-play the following scenarios with one child opening the conversation by sharing how they are feeling. The other children will try to comfort or help the child to act to make themselves feel better.

Scenario 1: There is €10 missing from a boy's school-bag and someone says you took it.

Scenario 2: Anna invited you to her birthday party but now she says she's decided not to have one. You heard the other girls whispering that they are still going to it.

Scenario 3: Kyle sits beside Daniel. The teacher blames him for talking and he has extra homework but it was actually Daniel who was talking.

Scenario 4: Kate's granny died two weeks ago. In class the teacher reads a sad poem about dying.

Scenario 5: Bobby prepared a song for the school concert, but when it was time to perform he forgot the words and had to sit back down.

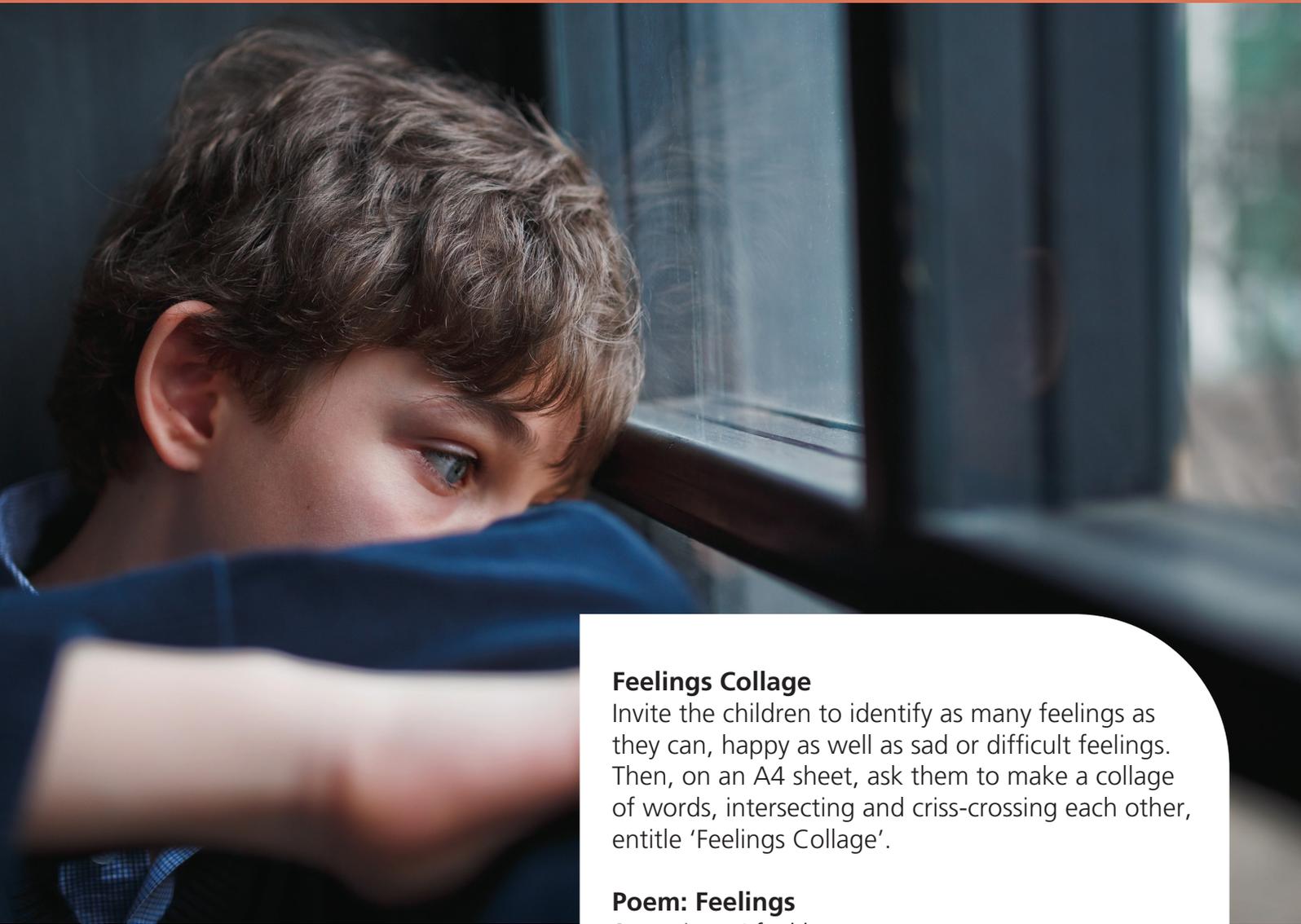
Scenario 6: John was best friends with Adam, but Adam's family moved away. He's wandering around the school yard at break time on his own.

Scenario 7: Orla had a lovely new pencil-parer. She loaned it to Sinead yesterday and she didn't give it back. Now she says she never borrowed it.

In each case encourage the children to name the feeling, to express it and to comfort or advise each other.

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Feelings Collage

Invite the children to identify as many feelings as they can, happy as well as sad or difficult feelings. Then, on an A4 sheet, ask them to make a collage of words, intersecting and criss-crossing each other, entitle 'Feelings Collage'.

Poem: Feelings

Sometimes I feel happy,
Other times I'm sad.
When my brother takes my things from me,
Then I'm really mad.
At school I'm sometimes jealous
When others get their way,
And maths is so confusing,
I don't know what to say.

When we lose a match I'm disappointed,
In the dark I'm really scared,
I sometimes feel frustrated
When my friends refuse to share.
At Christmas I'm delighted
With the gifts under the tree.
I suppose that all these feelings
Are what makes me really me!

When you have read the poem, ask the children to identify all the feelings in the poem. They might like to memorise it or write their own poem.

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Reflection:

Invite the children to close their eyes and read the following reflection:

Go into your inside world and try to name how you are feeling right now. Sometimes it's really hard to identify our feelings. Think of a time when you felt really happy. Imagine it now. Now think of a time when you felt really disappointed. How did you deal with that feeling? Who did you tell? Who helped you to feel better again?

We all have feelings. Sometimes we feel good about them and sometimes we don't. It's a good idea to share our feelings with someone whom we trust. Sometimes it's good to take a few deep breaths, especially if we are angry. Feelings pass and change all the time. It's good to accept how we are feeling and then to talk to someone if we think we need help.

God gave us feelings so we could understand ourselves and the world better. We can always turn to God for help if we are feeling bad about something. We can pray for ourselves and those around us. We ask God to be with us throughout the day as we experience a range of different feelings, knowing that he always loves us and wants what is best for us. Amen.