

PSHE

Healthy mind, healthy body

# Session 1

# Q: Can I name my feelings?

- Meet Maz.
- Maz is an alien.
- Maz is visiting earth to discover more about humans. Today Maz wants to learn all about feelings.
- If you were telling Maz all about feelings, what would you say and talk about?



Where in his body might Maz experience this feeling? 4

- What might happen to his face when he feels it?
- What might happen to his body when he feels it ?

Look in a mirror and act out these feelings as if you are showing Maz:

- happy
- scared
- confused



# What are they feeling?

- Help the characters identify their feelings.
- What different feelings might they be experiencing?

Jade's favourite song is playing on the radio

- She smiles
- Her body is relaxed and calm
- She laughs at her little brother's dancing



Feeling:.....

Carlos has got his best score ever on this week's spelling test. He knows he's getting better and is pleased that he practised.

- He stands up tall
- His body is calm
- He smiles and laughs



Feeling:.....

Mia's dad works in another country. Tonight she will get to video call her dad for the first time in ages.

- Her tummy is tingling
- She can't keep still and jumps around a lot
- Her voice is very loud



Feeling:.....

Mo sees an image on her screen that someone she doesn't know sent her.

- Her arms and legs are shaking
- She finds it hard to breathe
- Her body goes cold



Feeling:.....

# Session 2

# Q. Can I feel grateful?



## Gratitude walk

- With an adult, take a gratitude walk around the neighbourhood. Try to observe using all of our different senses, for example; what can we hear, see, smell, and feel.
- Try to think of the things we might take for granted or not typically notice or appreciate.

