

Year 4: PSHE

Lesson 1

A feelings diary can help you to identify your feelings and how they change.

It is ok if you have difficult feelings (such as anxious, lonely or frustrated); it is completely normal, especially because of everything that is happening at the moment!

Feelings Diary

Write a sentence about how you feel each day of the week, draw a picture of this feeling (use the 'Feelings Chart' to help you) and draw or write about something that made you happy. You can perhaps talk to someone at home about your feelings on each day of the week and think about why they might change.

	Today I felt... <i>(write a sentence)</i>	Today I felt... <i>(draw a picture)</i>	One thing that made me happy <i>(draw or write)</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

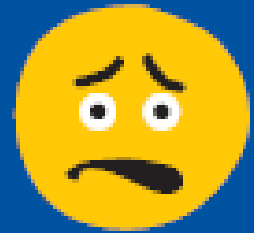
Feelings Chart



HAPPY



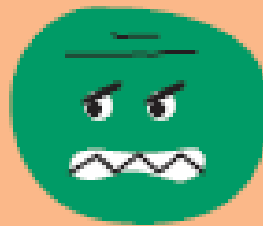
ANGRY



SCARED



DISAPPOINTED



JEALOUS



SURPRISED



EXCITED



NERVOUS



SAD



LONELY



EMBARRASSED



BORED