

I LOVE OTHERS

Lesson 3: Sorting Feelings

WE ARE LEARNING: Ways that people show how they are feeling.

To notice when others are upset or need help.

BORIS ASKS: Can the children begin to explain how someone is feeling based on their expression or behaviour?

RESOURCES: PDF or magazine pictures; smiley face and sad face PDF; 2 hoops.

Place two hoops on the floor and add a smiley face to one hoop and a sad face to the other. Show the children the pictures of the different facial expressions (use the pictures included or choose a selection from magazines/catalogues). Ask the children to sort the pictures into the two hoops.

Look at the pictures and ask the children:

- How is the person feeling? *Encourage a wide range of vocabulary such as angry, grumpy, excited, proud, etc.*
- Why might they be feeling that way?
- How could you show that person you care about them? *Ask them if they are ok, tell an adult, invite them to play, encourage them, etc.*

Explain that it is ok to feel sad or mad sometimes but the important thing is to not stay that way.

Boris says, 'Noticing how others feel is a great way to show you care.'



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

ELG: PSED – MANAGING FEELINGS AND BEHAVIOUR:

22-36 months: Responds to the feelings and wishes of others. Tries to help or give comfort when others are distressed

30-50 months: Aware of own feelings, and knows that some actions and words can hurt others' feelings

40-60 months: Understands that own actions affect other people, for example, becomes upset or tries to comfort another child when they realise they have upset them

ELG: Children talk about how they and others show feelings

BIBLE REFERENCE

Do for others just what you want them to do for you. Luke 6:31

SIAMS

Strand 4: Community and Living Well Together