



We get angry with each other.

We don't like to feel angry. We don't like that upset feeling.



Notes for Teachers

Overview

This story demonstrates the normalcy of all feelings. It avoids labelling feelings 'good' or 'bad' while acknowledging that some feelings are more comfortable than others. It also demonstrates the temporary nature of feelings – 'feelings come and go'. This is also an opportunity to think about feelings in a measured rather than a reactionary way.

Learning outcomes

- 1 Name a variety of feelings.
- 2 Develop some strategies for choosing how to act despite the way someone feels.
- 3 Understand feelings simply as feelings without labelling them 'good' or 'bad'.

Children's experience

- Explore with the children different occasions that elicit different sorts of feelings in themselves or in others.
- How do we know how someone is feeling?
- When someone is pleased/frustrated/upset/sad, etc., what do we see on their face or in their actions?
What do we hear?