|  |  |  |  |
| --- | --- | --- | --- |
| **Section: Feelings Game** | | | |
| **Objective:** | | Allows students to develop a deeper awareness of the range of human experience. By naming a feeling, it is easier to tame the bigger emotions that can overwhelm their young systems. Having that awareness at a young age is a real advantage, and a milestone on the road to happiness.  SEL Competency: Self Awareness  Developmental level: Foundational  Key message: I can name feelings and the body language that goes with them  Time: 14 mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we are going to do an activity that will help us to learn more about emotions and how we can better understand each other’s feelings.  We will start to recognise what actions people may use that can reveal or show how they are feeling.  Can anyone think of some emotions or feelings words? I’m going to give you a few moments at home to call out all the feeling words you can think of! |
| **3.** | FX (Sound FX) | | 20 second sound for children to think and respond |
| **4.** | Host | | Can anyone tell me any of the emotions they know? |
| **5.** | Child A | | Happiness |
| **6.** | Child B | | Sadness |
| **7.** | Child C | | Fear |
| **8.** | Child D | | Anger |
| **9.** | Host | | Very good! These are all great examples of emotions!  Have you noticed that when you feel something, your face changes. Sometimes your body changes. When you’re happy you might smile broadly, you might even stand up straighter.  Have you noticed this? |
| **10.** | All | | Yes! |
| **11.** | Host | | We’re going to think more about this now. Can you think of a time when you could tell one of your friends or a member of your family was feeling sad. |
| **12.** | All | | Yes |
| **13.** | Host | | What gave you a clue that person was feeling sad? Think about your answer at home and play along with us! |
| **14.** | FX (Sound FX) | | 30 Sound break to allow children at home to think - sad music to match the activity |
| **15.** | Host | | What do you think? |
| **16.** | Child A | | They were crying |
| **17.** | Child B | | They were hunched over, and hanging their head |
| **18.** | Child C | | Their face looked sad |
| **19.** | Child D | | They stopped speaking and became really quiet. They didn’t want to play with us anymore |
| **20.** | Host | | Great examples, these are all ways to tell that someone is sad!  How did you feel when you noticed that your friend or family member was sad?  Think about your answer at home and play along with us! How did you feel when you saw that your friend was feeling sad? |
| **21.** | FX (Sound FX) | | 30 Sound break to allow children at home to think- sad/gloomy music to match the activity |
| **22.** | Host | | What did you feel? |
| **23.** | Child A | | I felt sad too |
| **24.** | Child B | | I wanted to help them feel better |
| **25.** | Host | | Very good!  Did you do anything to help them? Or did you want to? |
|  | Child C | | Yes – I tried to cheer them up by telling jokes! |
|  | Child D | | I wanted to help them but I didn’t know what to do. This made me really sad |
|  | Host | | Thank you for sharing! Sometimes we want to help but we can’t think of anything at theatmoment because we also have emotions or feelings after seeing our friend’s emotions or feelings. This is totally normal! In fact, it’s very good! it’s called empathy! Empathy is when you can “put yourself in someone’s shoes” or in their “place” and feel what they are feeling.  Just try to remember to be kind when people are feeling sad. You don’t have to fix their problem, and you don’t even have to make them feel better, sometimes it’s nice to just be there for them.  Now, I want you to think of a time when you could tell one of your friends or a member of your family was feeling angry. Can you do that for me? |
|  | All | | Yes! |
|  | Host | | Very good!  What gave you a clue that friend or family member was feeling angry?  Join in at home! Say your answer out loud! Again, What gave you a clue that friend or family member was feeling angry? |
|  | FX (Sound FX) | | 30 Sound break to allow children at home to think- angry/jumpy music to match the activity |
|  | Host | | How could you tell your friend or family member was feling angry? |
|  | Child A | | They were shouting and screaming |
|  | Child B | | Their face went all red and their eyes were bulging |
|  | Child C | | They looked really tense and prickly |
|  | Child D | | They were rude to everyone around them |
|  | Host | | Thanks for sharing your experiences. These are all really good signs that someone is angry.  How did you feel when you noticed your friend or family member being angry?  Join in at home! Say your answer out loud! Again, How did you feel when you noticed your friend or family member being angry? |
|  | FX (Sound FX) | | 30 Sound break to allow children at home to think- angry/jumpy music to match the activity |
|  | Host | | What did you feel? |
|  | Child A | | Scared |
|  | Child B | | Really scared when they were shouting and screaming |
|  | Child C | | Worried that they would hurt someone, or hurt themselves |
|  | Child D | | Sad, they were so angry, something really bad must have happened to them |
|  | Host | | These are really great answers. Thank you for sharing! Being around people who are angry can be really, really scary.  Did you try to help when you saw how angry the person was? What did you do? |
|  | Child A | | No way. I was too scared |
|  | Child B | | I tried to ask them to calm down but they didn’t listen to me |
|  | Child C | | I gave them a hug and asked them what was wrong. Then they calmed down a little bit. I felt good. |
|  | Child D | | I wanted to do something but I didn’t know what to do |
|  | Host | | Thank you for sharing! It can be really, really hard to know what to do when we see someone who is really angry. You have to keep yourself safe first!  If you can, try to be there for someone who is angry. Sometimes people who are angry just want to get it all out and vent for a while. We can help them to do this by listening and empathising.  Sometimes we should wait for the person who is angry to calm down. Especially if they are more powerful than us and have been violent when they are angry.  Ok, lets think about fear. Can you think of a time you saw that someone was afraid or scared? |
|  | All | | Yes |
|  | Host | | What gave you a clue that friend or family member was feeling afraid or scared? |
|  | FX (Sound FX) | | 30 Sound break to allow children at home to think – ominous music to match the activity |
|  | Host | | What did you notice about your friend or family member to tell you they were scared? |
|  | Child A | | They were shaking and trembling |
|  | Child B | | They couldn’t speak |
|  | Child C | | Their eyes went wide and they started screaming |
|  | Child D | | They ran away from what they were afraid of |
|  | Host | | Well done! these are great signs of fear!  How did you feel when you noticed your friend or family member being afraid?  Remember, say your answers out loud at home! Again, How did you feel when you noticed your friend or family member being afraid? |
|  | FX (Sound FX) | | 30 Sound break to allow children at home to think – ominous music to match the activity |
|  | Host | | How did you feel? |
|  | Child A | | I was afraid too because we saw a huge dog and it was barking really loudly! |
|  | Child B | | Yeah, I was afraid as well because it was dark outside. At first I wasn’t afraid, but when I saw that my older brother was getting scared I started to feel scard too |
|  | Host | | These are great answers. Often when we see someone is scared, we are also feeling scared because we are in the same scary situation as they are!  This can even happen when watching a scary movie or TV show. Even though we know we are safe, we still get scared when we see something scary happen to someone on the screen!  Has this ever happened to you? have you ever seen a really scary movie? |
|  | All | | Yes! |
|  | Host | | I hate scary movies! And even scary books! |
|  | FX (Sound FX) | | Sound of murmering acceptance, nervous giggling |
|  | Host | | People can show their feelings in different ways. They may have different reactions and emotions because of the same thing. When we notice a friend showing some emotions, even if they are not talking about it, we can go to them and try to help them.  Both boys and girls experience all types of emotions – fear, sadness, anger, excitement – and they show them in lots of different ways. Sometimes we hear people say things like “be a man” and “big boys don’t cry” but this isn’t true! Boys can feel sad, for all the same reasons girls can feel sad. And it’s totally normal to burst into tears when you are feeling sad! And girls can be mad. Sometimes we can hear things like “nice girls don’t get angry” or “girls must always be nice and sweet”. It’s important for EVERYONE to be nice and sweet! But girls can feel angry about the same things boys can feel angry about. Does that make sense? |
|  | All | | Yes |
|  | Host | | Often, just listening when your friend tells you about something that has made them sad, angry, or frightened helps them. You don’t have to fix their problems or even make them feel better. Show them that you love them by just being with them and listening.  Can anyone tell me something they learned today? Join in at home? Call out something you learnt today! |
|  | FX (Sound FX) | | 30 seconds of sound for kids to think and respond |
|  | Host | | Does anyone want to share what they learnt? |
|  | Child A | | (EXCITEDLY) Listen! |
|  | Host | | Very good! |
|  | Child B | | (QUESTIONING) Don’t try to make people feel better? |
|  | Host | | (KINDLY) We can still try to make people who are sad or mad feel better but we don’t have to make them change how they fel. We can’t fix everything and that’s ok! Sometimes you end up making people feel better just by listening to them and being there for them. That’s often all you need to do to be a good friend!  Does that make sense? |
|  | All | | Yes! |
|  | Host | | Does anyone else want to share something they learnt? |
|  | Child C | | Umm… people change how they look because of their feelings |
|  | Host | | Well done! people often show what they are feeling in their faces and in the way they move their bodies. The challenge is that people do this in different ways!  Some people who are sad just want to stay in bed! They move really slowly and look like they are about to cry. Some people who are feeling sad try to forget their sadness by keeping really busy. They do lots and lots of work and are always running around just so they can forget how sad they are feeling.  We don’t have to know everything about everybody. The best thing we can do to be a good friend is to ….? |
|  | All | | Listen! |
|  | Host | | Very good! Just listen and be there for your friends! You can help just by doing that!  Can you do that for me? |
|  | All | | Yes! |
|  | Host | | Did you enjoy today’s activity? |
|  | All | | Yes! |
|  | Host | | I’m so happy to hear that! you all did such a great job today! Well done everyone! |