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| **Section: Feelings guessing game** | | | |
| **Objective:** | | Children will practice identifying emotions and feelings in response to common events.  SEL Competency: Self Awareness, Social Awareness  Developmental level: Emergent  Key Message: There are lots of different feelings and these feelings can be caused by the things that happen to us  Time: 10 minutes | |
|  | **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 practice understanding and naming feelings. I am going to ask you to imagine some different situations and then to think about how you would feel in these situations.  The aim of the game is to spot and name your feelings! Remember we can have more than one feeling at the same time.  Before we start, lets think about the things that make us happy, what are they? (pause)  Say your answers out loud at home! What makes you feel happy? Name lots and lots of things! |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? What makes you feel happy? |
| **3.** | Child A | | Playing with my friends |
| **4.** | Child B | | Hugging my mummy |
| **5.** | Host | | Great examples! How about another feeling. What makes you feel sad? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? What makes you feel sad? |
| **6.** | Child C | | When people are mean to me |
| **7.** | Child D | | When I’m on my own |
| **8.** | Host | | Very good! How about fear? What makes you feel scared?  Remember to say all your answers out loud at home! |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? What makes you feel scared? |
| **9.** | Child A | | When I’m alone at home and its dark. |
| **10.** | Child B | | Thunder and lightening! |
| **11.** | Host | | Well done! those things are really scary!  Finally, let’s think about anger. What are all the things that make you feel mad? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? What makes you feel mad? |
| **12.** | Child C | | When I’m not allowed to go outside and play |
| **13.** | Child D | | When nobody listens to me |
| **14.** | Host | | Very good! Ok. Are you ready to play the game? |
| **15.** | All | | Yes! |
| **16.** | Host | | Ok! Get ready for the first little story! |
| **17.** | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Imagine you are playing with your friends outside when your father calls you to come inside. It’s bedtime and your father won’t let you stay outside late.  Again, Imagine you are playing with your friends outside when your father calls you to come inside. It’s bedtime and your father won’t let you stay outside late. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if this was happening to you?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child A | | Sad |
|  | Child B | | Angry |
|  | Host | | Very good! It’s normal to feel angry and sad when we are not allowed to do something we want to do! |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Imagine someone you care about very much is giving you a big hug.  Again, Imagine someone you care about very much is giving you a big hug. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if this was happening to you?  Remember to say your answer out loud at home!  What do you think? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child C | | Happy |
|  | Child D | | Loved |
|  | Host | | Very good! When we are hugged, or when we give hugs, we feel happy and loved! We can feel safe and sound, and warm and tingly inside! |
|  | Child A | | (EXCITEDLY) Hugs are the best! |
|  | Host | | (KINDLY) they are, aren’t they? |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Imagine you are feeling really sick. It could be a tummy bug or the flu or even a broken bone! Imagine you are too sick to play with your friends and even to sick to eat.  Again, Imagine you are feeling really sick. It could be a tummy bug or the flu or even a broken bone! Imagine you are too sick to play with your friends and even to sick to eat. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if this was happening to you?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child A | | Sad |
|  | Child B | | Scared |
|  | Host | | Well done! Being sick makes us sad and it can also be really scary because we don’t know when we’ll get better! |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Now Imagine you are in your favouriate place playing your favourite game with your best friend! Maybe you are playing hide and seek in your best friends house, or maybe you are playing with toys in your bedroom.  Again, Imagine you are in your favouriate place playing your favourite game with your best friend! Maybe you are playing hide and seek in your best friends house, or maybe you are playing with toys in your bedroom. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if this was happening to you?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child C | | Happy |
|  | Child D | | Really, really happy!! |
|  | Host | | Well done! Playing with friends makes us feel happy and excited! |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Now, Imagine someone pushed you and you fell on the ground. You know the person who pushed you did it on purpose to be mean. Imagine how badly it hurt when you fell on the ground. Maybe you scraped your knee.  Again, Imagine someone pushed you and you fell on the ground. You know the person who pushed you did it on purpose to be mean. Imagine how badly it hurt when you fell on the ground. Maybe you scraped your knee. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if this was happening to you?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child A | | Bad |
|  | Child B | | Scared |
|  | Child C | | Sad |
|  | Child D | | Angry |
|  | Host | | Exactly! It feels really bad when someone hurts us like that, and really scary because it might happen again.  (KINDLY) Scary things like this often make us feel lots and lots of feelings at once. Being pushed over by someone feels really, really bad. We can feel scared and sad and angry all at the same time. |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Imagine you see someone crying all alone. You don’t know why they are crying. You just see them sitting alone and crying.  Again, Imagine you see someone crying all alone. You don’t know why they are crying. You just see them sitting alone and crying. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if you saw someone crying?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child A | | Sad |
|  | Child B | | So bad. Like I want to cry too. And then help them to feel better. |
|  | Host | | Very good. What you are feeling is called empathy. This happens when you can “put yourself in someone else’s shoes/place” and feel the same thing they are feeling. When you see someone crying, you feel the same sadness they are feeling, even though nothing made you cry! |
|  | FX (sound FX) | | Sound to indicate scenario |
|  | Host | | Imagine you were at the market with your older sister and you got separated. One second she is holding your hand and then all of a sudden, she’s not there anymore.  Again, Imagine you were at the market with your older sister and you got separated. One second she is holding your hand and then all of a sudden, she’s not there anymore. |
|  | FX (sound FX) | | Sound to end scenario |
|  | Host | | How do you think you would feel if you got separated at the market?  Remember to say your answer out loud at home!  What do you think? Can anyone share how they would feel? |
|  | FX (Sound FX) | | 20 seconds to let children think |
|  | Host | | What do you think? How would you feel? |
|  | Child C | | Frightened |
|  | Child D | | Scared |
|  | Host | | (KINDLY) It’s really scary when you get lost or you can’t find your family, isn’t it? |
|  | All | | (SADLY) Yes |
|  | Host | | It’s normal to be afraid when things like this happen. If you ever get lost at the market, the best thing to do is to stay right where you are and tell a grown up that you are lost. In a market, try to find a grown up that can look after you while you wait to find your family, like a woman who owns a stall. Don’t ever let anyone take you anywhere or try to find your family on your own. Let the grown up you tell find your family for you.  Can you do that for me? |
|  | All | | Yes! |
|  | Host | | Very good! |
|  | FX (sound FX) | | Sound to end game |
|  | Host | | Did you like that game? Was it fun? |
|  | All | | Yes |
|  | Host | | What did you learn? |
|  | Child A | | Um.. how to name my feelings |
|  | Child B | | And how know what I am feeling |
|  | Host | | Very good! Today we learned all about our feelings! We learned how to spot the different feelings and we learned that we can feel lots of different feelings at the same time. |
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