



Emotions are the names given to our feelings. They describe the way we feel at different times and help us to process the situation we are in and how we are responding to it.

Our emotions can change quickly from one moment to the next and sometimes certain emotions can last a long time. Some emotions are nice to feel and some are harder to deal with but all emotions are important and it is okay to talk about our emotions with others.

It is important that you can start to identify which emotions you are feeling and why - as well being able to tell what emotions are being felt by those around you so that you can respond in an appropriate way.

To help you better recognise your emotions, please complete these two quizzes:

- This first one will help you better understand when some emotions will be felt by yourself or others as well as teaching you the definitions of some words you can use to describe your emotions.

Quiz 1: <https://www.educationquizzes.com/ks2/personal-social-and-health-education/emotions-1/>

- This second quiz will show you how you can take control of your own emotions. It will also demonstrate some of the ways you can change them if you want to, as well as give you some ideas on how you can change the emotions of those around you.

Quiz 2: <https://www.educationquizzes.com/ks2/personal-social-and-health-education/emotions-2/>

Task

Think of a scenario where one person sees a situation differently to the other person. For example, show how Person A reacts to something Person B has done, but is unaware the impact it has caused. How could it be put right? How can Person A or B recognise how the other is feeling and respond positively to it?

Create a comic strip of your scenario. Tell the story in the text boxes and draw in the larger boxes. You could do this on Purple Mash or on A4 paper.

