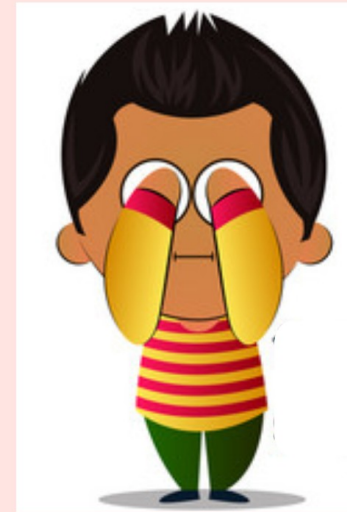


New Feelings 1

Today we are going to look at 2 feelings. Can you name them?

What are these boys feeling?



What other feelings words might we feel when we are frustrated or shy?

Let's make a mind map



frustrated



shy

Answers

Answers

Frustration

Watch the short story 'Girl and Robot'



Click on image
or link

4 min
video

<https://www.literacyshed.com/girlandrobot.html#>

How did the girl feel at the beginning of the clip?

Did she manage her frustration?

What could she have done differently?

Discuss perseverance.

Discuss

What would will you do differently?

- How will you help yourself to persevere?
- How will you manage your frustration if you don't get something right straight away?



Dealing with frustration

Break your task down into little steps. Stick to it and don't give up!



Feeling shy....

Tell your partner about a time when you felt shy....

What did you do about it?

Watch 'Too shy for show and tell' by Beth Bracken . Look at Sam's body language. How does it change?

<https://www.youtube.com/watch?v=ITsa8X0VZ9Y>

5 min story



What can I do when I'm feeling shy?

Imagine that everyone is feeling the same as me.



Give someone a compliment such as, 'I like your jumper' or 'you did that really well'.



Stand close to someone I trust when I meet new people.



Do a big smile and say 'hello' in a cheery voice.



Tell myself that it is OK to be a quiet person.



Don't let feeling shy stop you shining!

How would you deal with it next time? How would you persevere?

New Feelings 1	
Frustrated 	Shy 
A time I was frustrated was when Next time I would	A time I was shy was when Next time I would