

PSHE

Uncomfortable feelings 3

Neither good or bad but
knowing how our body
reacts

Which emotions feel uncomfortable?

glad

healthy

joyful

fed up

amused

hateful

annoyed

confused

pleased

shy

inspired

determined

Can you think of
other words to
describe the
intensity of these
emotions?

(e.g. irritated, angry or furious?)

mad -

unhappy -

confused -



A feeling is JUST a feeling. It is
NEITHER good nor bad.

It is our own feedback system.

However, there are times when we
need to manage very strong feelings
in positive ways for both ourselves
and others.

Split into groups

Look at the picture in your group.

Can you record ideas about how this feeling might be experienced (and in which part of your body).

There's an example on the next slide to help get you started.



Emotional Feeling

Surprised

Shocked

Alarmed

Physical Feeling

a little tighter around
the chest

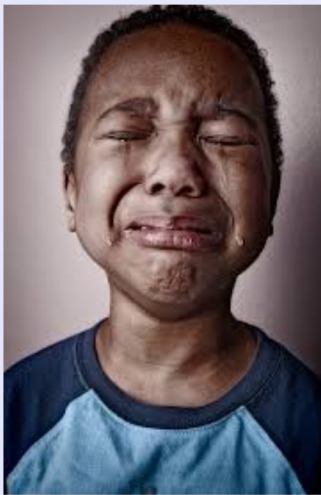
sharp intake of
breath

heart rate increases
slightly

Feelings and how we know

Discuss these with your partner/table -

choose 3 - stick in your book and explain the emotional feeling/feeling and physical feeling



Ideas to help

feeling hot under the collar

seeing red

heart beating fast

feeling tearful

sweaty hands

butterflies in tummy

whooshing in ears

knots in tummy

heavy heart

tired eyes

Finish with listening to the story

DP

The Tear Thief by Carol Ann Duffy

As we go through this story, can you write down all the different feelings that are mentioned or that the character feels?

https://www.youtube.com/watch?v=Hm__cJ_hrHc



Let's sort all the feelings words you came up with into comfortable or uncomfortable.

Uncomfortable
Feelings

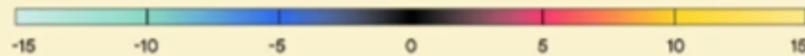


Comfortable
Feelings

Can you
explain when
and why the
character(s)
felt this
way?

Research shows....

WHEN WE FEEL EMOTIONS, WHERE DO THEY HAPPEN?



SADNESS:
the chest and
head; decreased
activation in
the arms, legs,
and feet



HAPPINESS:
throughout the
entire body



ANGER:
upper half of the
body and the arms;
also some activation
in the legs and feet



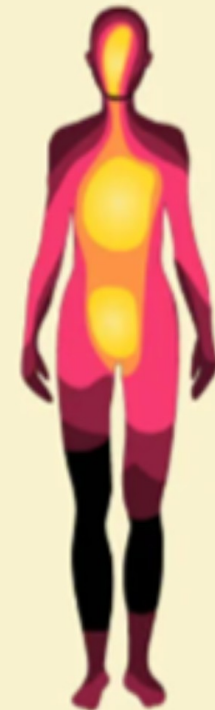
FEAR:
upper half of the
body, excluding
the arms; also
some activation
in the feet



SURPRISE:
the chest and
head; decreased
activation in
the legs



ANXIETY:
increased activation
above the pelvis,
excluding the arms;
decreased activation
in the arms, legs,
and feet



LOVE:
throughout the
entire body,
though not much
in the legs

So we've talked a lot about uncomfortable feelings and the effects they can have on us.

In life, we can't always avoid these difficult feelings so it's important we have ways to cope when they do happen.

Coping strategies are unique to each person. What works for you might not work for someone else.

Sometimes a coping strategy you usually use suddenly might not work in the situation you are facing so it's important to have a few up your sleeve! **What could you do if you feel yourself being overtaken by an uncomfortable feeling?**