

Activity: 3-4.3.2

Key Messages

- People express their feelings in different ways and these feelings are expressed on our faces and through our body language.
- Sometimes it is difficult to work out what people may be feeling as they may not tell you directly. We may need to 'read' their body language or expressions.
- It is important to express your own feelings clearly and to be able to ask for help if other people are behaving in a way you don't like.

Activity Details

Victorian Curriculum

Health & PE Describe strategies to make the classroom and playground healthy, safe and active spaces VCHPEP095

Capabilities VCPSCSE016
VCPSCSO021

Time 30 minutes

Levels 3 & 4

Equipment

- four copies of *Reading our feelings* worksheet
- a relevant picture story book

Adapted from Sanders, P and Swinden, L 1990, *Knowing me, knowing you: strategies for sex education in the primary school*, LDA, Wisbech, Cambridgeshire, UK.

Reading our feelings

Purpose

To identify a range of ways in which people show their feelings.
To show that this is often done differently for children and adults.
To consider how people sometimes do one thing when they mean another.

Teaching notes

Students working on Worksheet B need to have access to a purposefully selected picture story book where a character shows that they like one character and that they dislike another. Most common fairytales where there are 'good' and 'bad' characters could be used. This will create interest and can be used as a discussion starter about what happens in real-life versus fiction.

Procedure

1. Introduce the activities by talking about ways in which our behaviour shows our feelings towards each other (e.g. if someone says something mean, we assume they are not happy with us. If someone smiles at us, we assume they are being friendly).
2. Divide the class into small groups. Give half of the groups Worksheet A, the other half Worksheet B.
3. Groups with Worksheet A discuss and record how people might behave towards someone they like and someone they don't like.
4. Groups with Worksheet B read the picture story book and discuss and record ways in which a character behaves towards someone they like and someone they don't like.

Discussion

Bring the class together and discuss their conclusions, using some of these questions:

- How do children show they like children?
- How do children show they like adults?
- How do adults show they like children?
- How do adults show they like adults?
- Are there any differences?
- Are there any ways in which people show they like you but which you might not like?
- What are some ways of dealing with this?
- Are there any situations where people behave the opposite way to what they are feeling?

Reading our feelings: Worksheet A

People show others they **like** them by...

People show others they **do not like** them by...

Reading our feelings: Worksheet B

Think of a character from the story.
How does this person show that they **like** someone?

How does this person show that they **do not like** someone?