



Activity: 5-6.13.2

Key Message

- We all have feelings about everything we experience and can have different feelings than others in the same situation.

Activity Details

Victorian Curriculum

Health & PE Investigate how celebrating similarities and differences can strengthen communities
VCHPEP114

Capabilities VCPSCSE025

Time 20 minutes

Levels 5 & 6

Equipment

- How would you feel?* worksheet for each student

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.

How would you feel?

Purpose

- To acknowledge our individuality.
- To demonstrate to the class that not everyone feels the same about every given situation.
- To develop a greater awareness of feelings.

Teaching notes

Sometimes we feel good and sometimes we feel bad. Both kinds of feelings are normal. Of course, we all enjoy good feelings. But when we don't like the way we are feeling, sometimes we don't know what to do about it. Learning to recognise feelings is the first step for students in learning how to control their reactions. You might like to make up some of your own examples that have arisen in class/school.

Procedure

- Distribute the worksheets to the students and ensure they understand the meaning of each feeling listed.
- Explain to the students that you are going to describe some real-life situations.
- Their task is to listen carefully to each situation and to circle, on the worksheet, the word best describing how they would feel in that situation.

How would you feel if...?

- you saw someone being bullied in the street?
- you won a raffle?
- you forgot your mum's birthday?
- your dog ate your homework?
- you tidied the whole house but no-one noticed?
- your friend's pet died?
- your teacher asked you to present a talk to the whole class/school?
- someone you don't know smiled at you in the street?
- you'd just eaten your favourite meal?
- your two best friends went to see a movie without inviting you?
- you were the shortest person in the class?

Discussion

Class discussion could focus on the following questions:

- What feelings could you add to the list?
- Why do you think people respond differently to the same situation?
- Can feelings affect our behaviour? Can you think of an example?



How would you feel?

relaxed	tired	irritated
worried	scared	nervous
happy	confused	rejected
angry	ashamed	enthusiastic
disappointed	contented	insecure
sad	afraid	regretful
excited	loving	nostalgic
bored	amused	annoyed

