



Susan Allen

# Exploring Feelings

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## Exploring Feelings

The purpose of this activity is to focus on what it is like to feel happy and sad both mentally and physically.

### You will need:

- Space to move around the room. A hall or drama studio would be ideal but not imperative.

### Action

Split the class into two groups; one half will be happy the other sad. Ask the children to find a space. Just using their faces, ask them to show happy and then sad. Reassure them that this isn't a competition; there are no rights or wrongs, simply have fun. But focus on the task!

Ask them to begin to walk in a happy and then a sad fashion, safely without touching anyone else in the group. Ask them to notice how their body feels. Give them a moment to experience the feeling. Where do they feel the emotion? Tell them to allow their bodies to show the emotion; let it get bigger.

Next try out the opposite emotion - sad people become happy and happy people become sad. How is that different? Are they light or heavy? Ask them to show how sad and happy feels in their bodies. What are they thinking about?

Sit in a circle and discuss the different feelings and the shapes of the bodies when happy, and compare this with the sad feelings.



- Ask, do feelings have an effect on people's bodies, on the inside and on the outside?

## Exploring Feelings

- How did they make the feelings bigger?
- Was it easy to swap from happy to sad?
- Can they recall any thoughts that helped them to feel sad or happier?

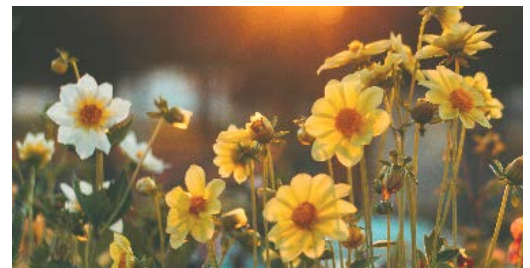
Explain that we all have feelings to let us know when we care about something. It is good to be aware of feelings.

Can anyone think of a time when they were happy and then saddened or vice-versa? Can we think of a situation that might make that happen? Listen to examples. How did the thoughts change? An example may be that they were sad because they lost their rabbit but then spotted him in the front garden.

If no-one volunteers an answer, remind them there are no wrong answers; just ideas to play with.

### Finally

Ask the children to try and think of a positive thing that they enjoyed or are grateful for today - not something materialistic like new shoes or an x-box, but something simple like the good people in the room or something nice that someone did.



And then ask them to place their hand on the top of their back, give it a small pat and tell themselves, "You did great today!"

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Thanks to Nicola Hill for this download. If you would like to see more of her work, she can be contacted on: [nicola67@yahoo.co.uk](mailto:nicola67@yahoo.co.uk)