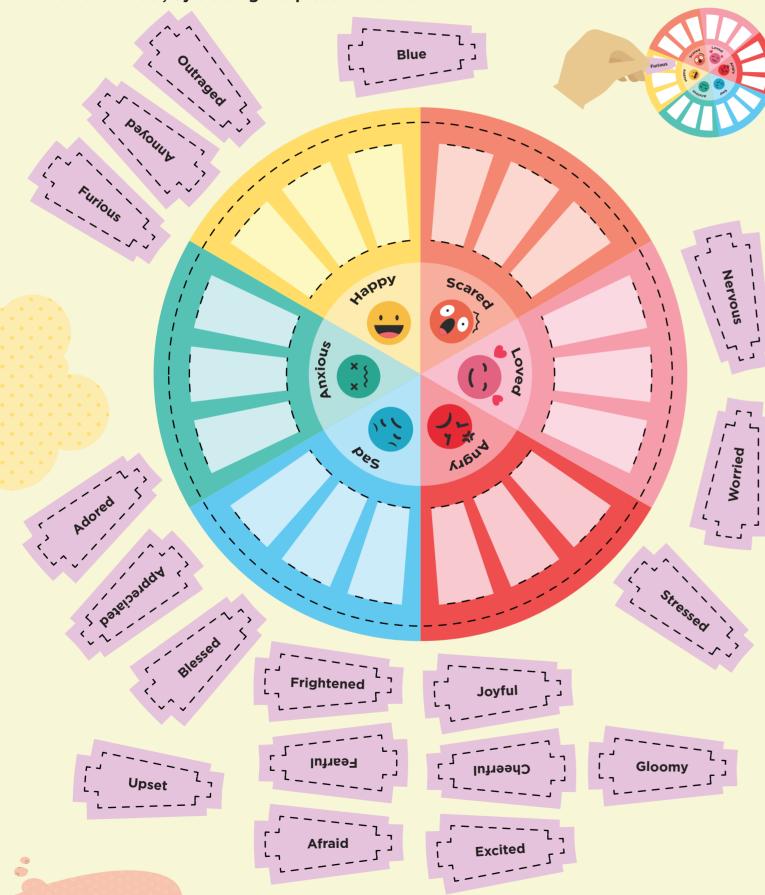
Challenge 1: Wheel of Feelings

Pop out the emotive words and match them to the appropriate feeling on the colour wheel, by slotting the pieces into the slits.



Thinking About Feelings



Upper Primary



Storybook 📖

Title: Your Mind Is Like The Sky, pages 7-9

Author: Bronwen Ballard **Call No.:** J 158.1 BAL

Publisher: Lincoln Children's Books, 2019



Excerpt

Thoughts come and go for us all the time. Half the time they've been gone before you've even really noticed. The trouble with raincloud thoughts is that they're dark and mysterious. They can make everything else seem dark, too.

Let's Discuss



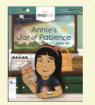
1. Can you identify, name, and accept your emotions without getting lost in them? What are the benefits of doing so?

Answer:

2. When you are happy, sad, angry or afraid, do you share your feelings with those around you?

Answer:

Check out these books:



Title: Annie's Jar Of Author: Megan Johnson Call No.: J JOH Publisher: MVP Kids, 2019



Title: Guts Author: Raina Telgemeier Call No.: J 155.9 TEL Publisher: Scholastic, 2019



Title: Be Kind Author: Naomi Shulman Call No.: J 177 SHU Publisher: Storey, 2019

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Available as an eBook on the NLB Catalogue at www.nlb.gov.sg



Challenge 2: Understanding my Emotions

Think of a recent incident that you experienced or saw. What were your thoughts and feelings towards it, and did they affect your actions? Follow these guiding questions to find out!

