

Activity

Name:

Choice 1

Choose a situation from your list and act it out.



Remember as actors you need to:

- Show how your character behaves in this situation.
- When freeze is called, state what your character thinking and how does that show their emotion?
- Show how your character body reacts in this situation:
 - *Are they feeling warm or cold?*
 - *Does their tummy hurt? How does that show their emotion?*

Choice 2

Choose a situation from your list and draw out a comic strip of the situation



Remember to add thought bubbles and a visual of their body reactions! For example, water droplets coming from their face as they are sweating!



Choice 3

Can you match the emotion to the body sensations?

This can be tricky as some body sensations appear for multiple different emotions!

Can you think of any more emotions or body sensations to add?



Sad



Angry



Surprised



Excited



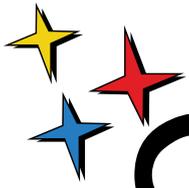
Embarrassed

Butterflies in tummy
Sweating
Blushing
Getting hotter
Dry mouth
Muscles feel heavy
Heart beating fast
Feeling sick
Headache
Tense muscles

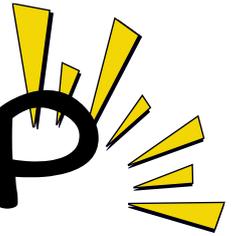
CREATE YOUR OWN COMIC STRIP

ADD THOUGHT BUBBLES AND A VISUAL OF THEIR BODY REACTIONS

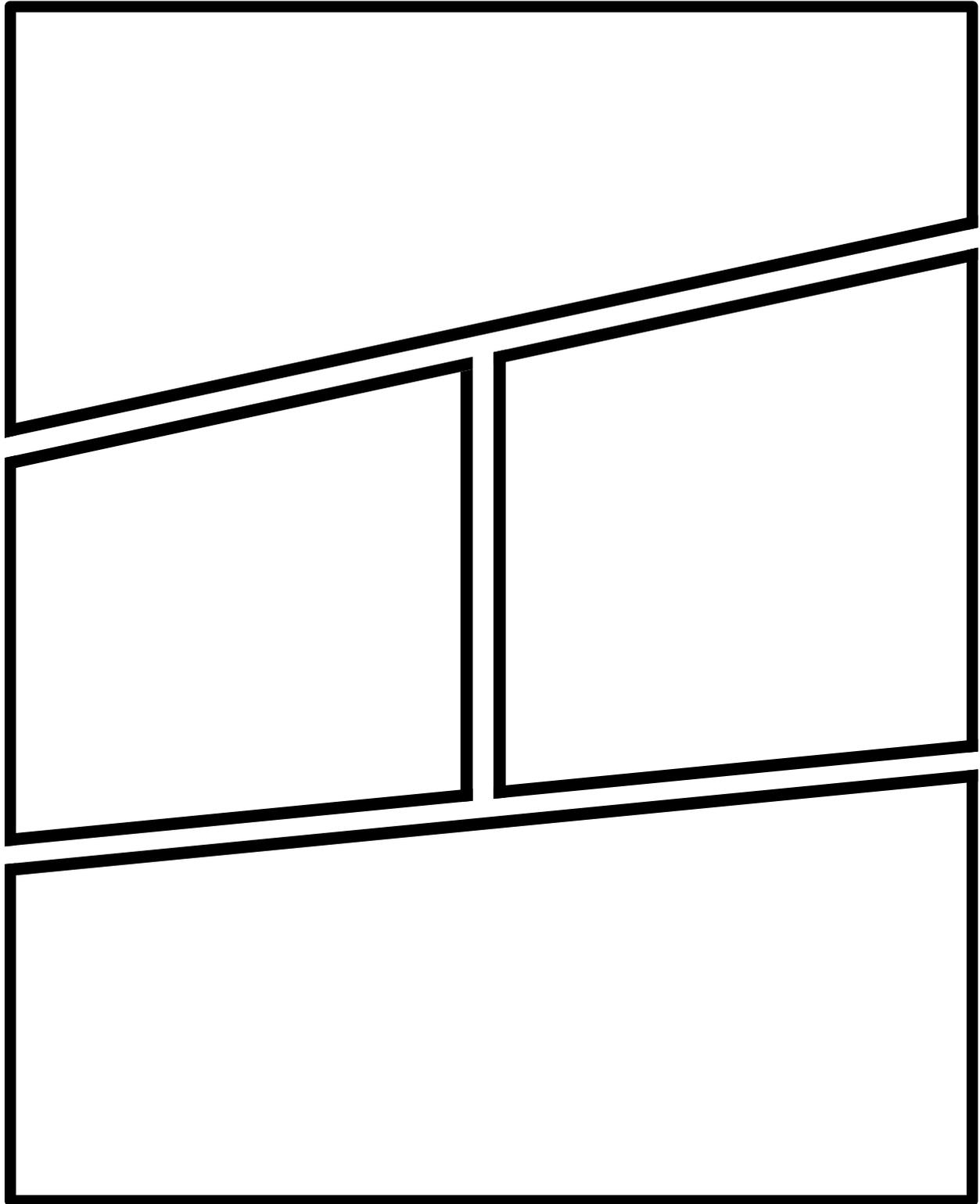




CREATE YOUR OWN COMIC STRIP



ADD THOUGHT BUBBLES AND A VISUAL OF THEIR BODY REACTIONS



Keeping well

Name:

Services that can help



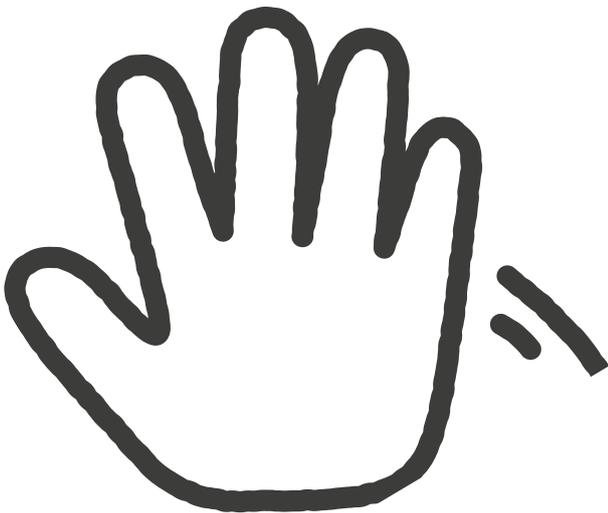
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Talk to a trusted adult

-  1 Talk about your feelings
-  2 Do something you enjoy and are good at
-  3 Keep yourself hydrated
-  4 Eat well
-  5 Keep active in mind and body
-  6 Take a break
-  7 Stay connected to those you care about
-  8 Ask for help
-  9 Be proud of your very being
-  10 Actively care for others

Have a go at adding the names of 5 people who you could go to for help. Write one name on each finger.



Or if you would prefer have a go at adding the names of 2 people who you could go to for help. Write one name on each finger.



What helps me when I am struggling?

Write down a list of ideas to remind yourself!