Communicake Your Emotions Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- Pens / Pencils
- The Communicake Your Emotions

L.O:

- To be able to identify a number of different emotions.
- To feel confident in identifying my own emotions.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group see if the children can list as many different emotions as they can think of, even if they are slightly similar such as happy and very happy. This may show how hard it can be to describe how we are feeling sometimes.

MAIN TEACHING (10mins)

Following on from the group discussion tell the children that whilst it may not be the easiest or sometimes the nicest thing to answer the question "how are you", it is good to feel able to talk about and describe how we are feeling.

When we share our emotions, whether we think they are positive or negative, it can help us process how we are feeling and understand it better. Often how we are feeling is made up of lots of different emotions. We can feel happy or sad when we see a nice movie, and scared or excited when we are on a rollercoaster.

See if the children can think of different emotional mixes and what might cause them.

Tell the children that this can make it more difficult to recognise how we are feeling without taking the time to really think about it, consider why we feel such a way, or what might have caused it.

- MAIN TASK - Communicake Your Emotions (15mins)

Have the children sit quietly for a few minutes and think about all the different emotions they are feeling at that time, or have felt during the day or week. Tell them that they are going to write a cake recipe of those emotions to describe how they are feeling.

For example:

- X2 Cups of happiness
- X1 tea spoon of excitement
- A sprinkle of sadness

Then think about a secret ingredient to make that cake much better, or something that will boost their mood. Such as a big scoop of hugs from my best friend.

Once they have finished their recipe have them draw and colour the cake to visualise how they are feeling.

You can list out different emotions to help them with their recipe.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their recipes with the group and explain their secret ingredient.

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CHILDREN'S SHEET

Sit quietly for a few minutes and think about all the different emotions you are feeling at that time, or have felt during the day or week. Now write a cake recipe of those emotions to describe how you are feeling.

For example: X2 Cups of happiness / X1 teaspoon of excitement / A sprinkle of sadness

Then think about a secret ingredient to make that cake much better, or something that will boost your mood, such as a "big scoop of hugs from my best friend". Once you have finished your recipe, draw and colour the cake to visualise how you are feeling.

INGREDIENTS

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MY CAKE

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