



Reflecting on how we feel

Sometimes it can be hard to describe how we are feeling, especially if we are feeling a mixture of different emotions all at the same time.

We might need something like a picture, story or film to get us talking.

As more children return to school this week, use the Blob Tree picture to help you reflect on how you're feeling at the moment.

Activity

Take a look at all the people on this Blob Tree:

- What do you notice them doing?
- How do you think they are feeling?

Thinking about school at the moment:

- Which blob person (or people) do you feel most like?
- Why do they best show how you're feeling at the moment?
- Which blob people might show how your classmates, teachers or family might be feeling at the moment?

You might want to use some of the following adjectives in your answer:

Anxious

Excited

Energised

Hopeful

Cautious

Nervous

Supported