How Do You Feel?



Theme

What do you know about emotions already, are you feeling good today? Let's also talk about our body parts and what movements we can make.

Activity 1:

Simon says - (emotion) - be careful, if the teacher doesn't say Simon says, then don't do it.
Who else would like to have a go at being Simon?
Warm-up your bodies - follow your teacher's movements and warm up the different parts of our bodies.

Vocabulary

Emotions
I feel happy
I feel sad
I feel excited
I feel scared
I feel angry
I feel sick
I feel tired
I feel surprised
Dance
Clap
Stomp

I feel hungry
I feel thirsty
I feel hot
I feel cold

Body parts
Head
Shoulders
Hips
Legs
Shake
Jump
Throw

Knees
Feet
Arms
Hands

Actions
Kick
Swing

Walk
Catch
Hop
Run

Activity 2: Flashcards - Let's play

- ☐ **Charades**
- ☐ **Pictionary**
- ☐ **Guessing**

games

But first repeat after me!

Flashcards

- **He is happy. He is smiling because he is happy**
- **He is sad. He is not smiling and his eyes are droopy**
- **He is tired. He is sleeping. We use 'Zzzz' in the picture for snoring. What does it sound like when someone snores? His eyes are closed.**
- **She is excited. Her eyes look hopeful**
- **He is scared. He is biting his nails and his eyes look worried**
- **He is angry. His teeth is clenched and he is frowning**
- **He is sick. He is feeling sick**
- **He is surprised. His mouth is open and his eyes are very big**
- **He is hungry. He wants to eat**
- **He is thirsty. He is drinking water**
- **He is cold. He is shivering**
- **He is very hot. He wants to cool down. He is using a fan to help cool him down**
- **Which parts of the body can you see pictured above?**
- **We can see, hair, nose, mouth, hand, knee, ear, eye, neck, elbow, foot**
- **We kick with our feet. He is kicking a football**
- **He is swinging on a swing set**
- **He is walking**
- **She is dancing. She is dancing ballet**
- **We clap with our hands. Can you try clapping?**
- **She is stomping her feet**
- **They are shaking hands**
- **He is jumping**
- **He is throwing a ball. He is throwing a ball in baseball.**
- **He is catching the ball. He is catching a ball in American football**
- **He is hopping on one leg**
- **She is running. How fast can you run?**





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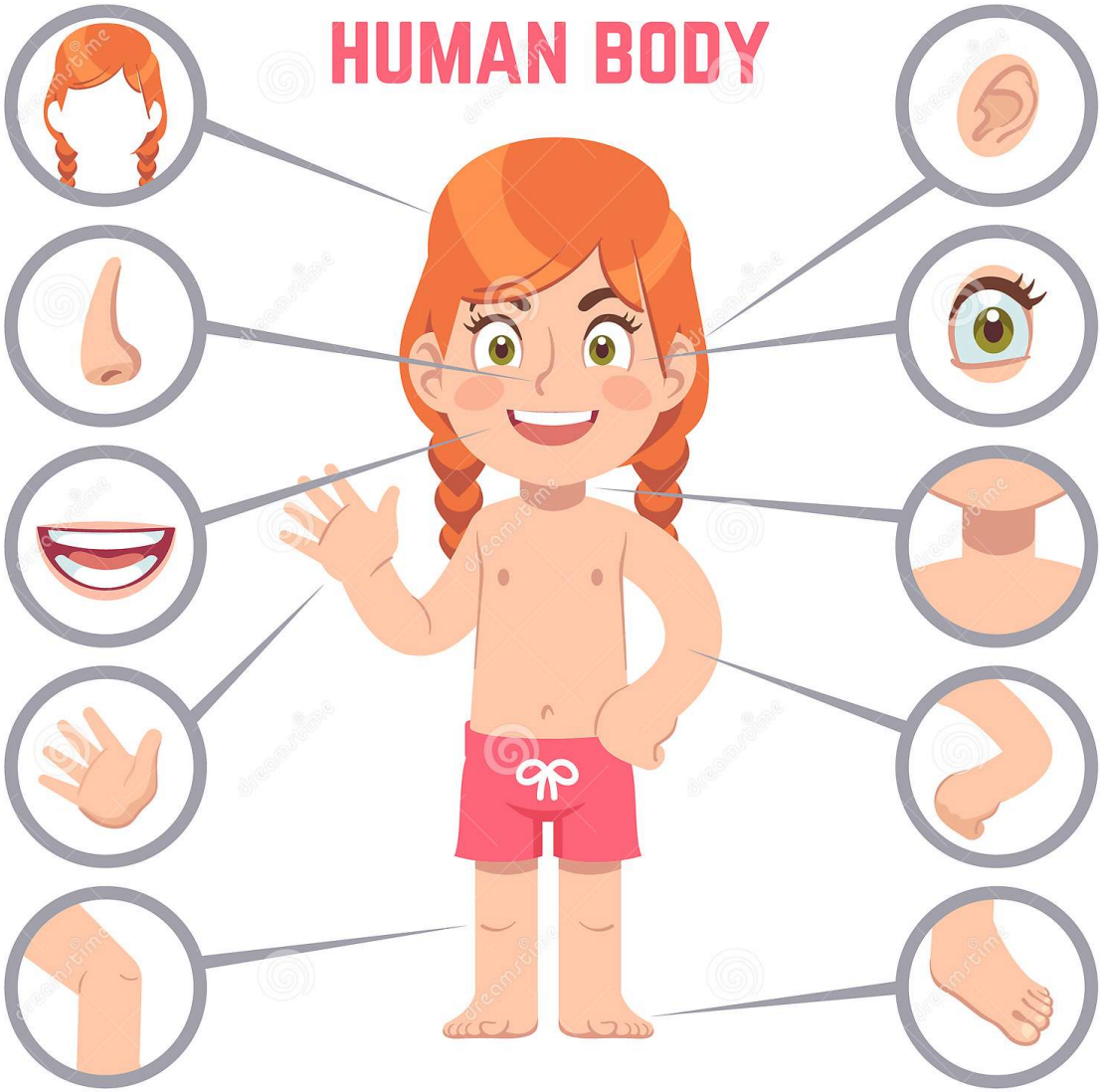
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He is catching the ball. He is catching a ball in American football



He is hopping on one leg



She is running. How fast can you run?