






PSHE: Feelings and Emotions

●  Make  paper-plate  Expression  Masks.

●  Match  the Emotion  Word  to the Expression  mask.

●  Join in  with singing  and signing  along  to a happy  song.



happy



sad



worried



tired



excited



confused

Have a go. Make paper plate emotion masks.



To make your masks you will need...



Paper plates (or card/cardboard cut into circles), colouring pens or crayons, lolly sticks (or something similar to make a handle with), sticky tape. The some paper and pens/pencils to make the labels.



What



songs



make



you



feel



happy?



You



could



hold



the happy



expression



mask



up to your



face

and



dance

and



sing

to



your



favourite



song!

Happy songs. Here are some suggestions...

- Happy - Pharrell Williams
- Don't Worry Be Happy – Bob Marley
- You've Got a Friend in Me – Randy Newman (Toy Story)
- With a little help from my friends – Wet Wet Wet
- Perfect – Ed Sheeran
- A Million Dreams – (The Greatest Showman)
- Dance Monkey – TONES AND I
- 3 Little Birds – Bob Marley
- Happy Talk – Captain Sensible (or from South Pacific)
- This is Me – (The Greatest Showman)

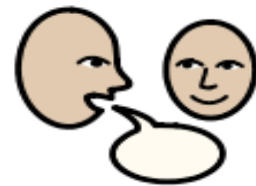
If you feel sad, worried or confused talk to a trusted friend, family member or teacher.



It is

good

to



talk to

a



trusted



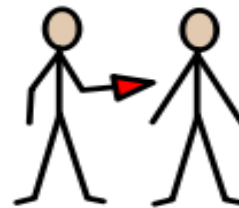
person



about



how



you

are



feeling.