

## 27.02.2023 Whole School Assembly: Emotions

Thinking time whilst coming into assembly:

- What are emotions?
- What emotions would you associate with these colours:



Green



Blue



Yellow



Red

After some really great ideas, supported with even better reasons, we took each colour individually to reflect on each. There were question prompts for the children to respond to:



Green

*I am feeling:  
Happy, focused, ready to  
learn and calm*

Positive or negative?

What situations could lead to these feelings?



Blue

*I am feeling:  
Sad, tired, bored, nervous  
or sick*

Positive or negative?

What situations could lead to these feelings?

How might we get back to green?



Yellow

*I am feeling:  
Frustrated, silly, a little out  
of control, worried or  
excited*

Positive or negative?

What situations could lead to these feelings?

How might we get back to green?



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Red

*I am feeling:  
Angry, upset, out of control,  
wanting to yell or hit or am  
refusing to work*

Positive or negative?

What situations could lead to these feelings?

How might we get back to green?

We then finished with the following poem and thought about what it meant:

When things go well and happiness comes my way,

It's good to enjoy it, to have a joyful day.

But when people annoy me, I can get a bit mad.

Angry feelings take over me,

Or I feel nervous or maybe sad.

I can keep those feelings in their place,

They're not the biggest deal.

They are not me,

They're NOT me,

They're just something that I feel.