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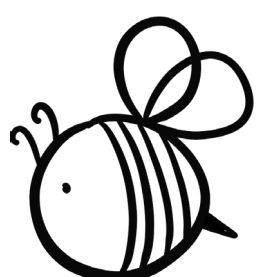
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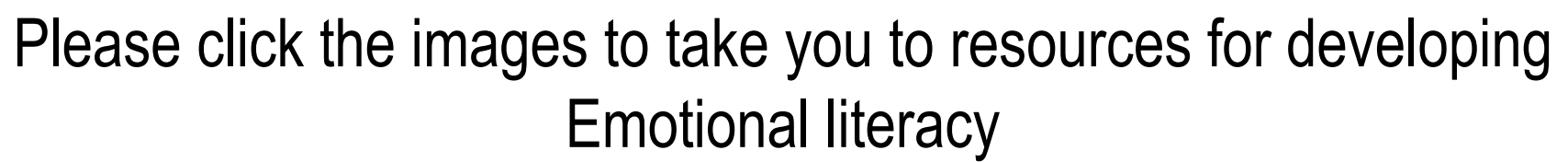
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## Body sensations Resourcepack

Lots of resources to help pupils identify body sensations linked to emotion. Suitable from EYFS to secondary

**Big**

5

4

3

2

1

**SMALL**

**knuckles**

**wrists**

## Body sensations Resourcepack

Lots of resources to help pupils identify body sensations linked to emotion. Suitable from EYFS to secondary

# Primary emotions

## Sorting mats

When someone shouts at me, it makes me feel...

When my friend plays with someone else, it makes me feel...

When someone pays me a compliment, it makes me feel...

When someone disagrees with me, it makes me feel...

The darkness makes me feel...

Dog poop makes me feel...

Tests and exams make me feel...

TEST

EMOTIONS SORTING MAT

Draw a circle around the facial expression you would have and write the feeling word.

THIS MAKES ME FEEL...

MY FEELING IS THIS BIG?

1 2 3 4 5

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# WHAT IS EMOTIONAL LITERACY?

Recognising facial expressions

Understanding what feelings mean

Knowing how feelings affect your body

Being able to express and communicate  
your feelings

Putting a label to a feeling

Regulating your feelings

My head is aching,  
my muscles are  
tense and I feel  
hot everywhere

I feel MAD  
because someone  
pushed me

I need to talk to  
someone about  
how I feel

I need to use my  
calming  
breathing