



FEELINGS & EMOTIONS

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Activity 1 – Feelings Challenge Box

Instructions

Close your eyes. Hold your finger above the Feelings Challenge Box and press down.
The prompt you touch is your challenge!

Feelings Challenge Box

Act excited.

Act tired.

Act nervous.

Act surprised.

Act proud.

Act hungry.

Act thirsty.

Tell us about a day you felt happy.

Tell us about a time you were scared.

Tell us why you felt worried.

Describe your best birthday.

Describe a funny moment.

Tell us what makes you relaxed.

Tell us what makes you angry.

Describe your perfect weekend.

Talk about your favourite holiday.

One student secretly chooses a feeling.

The class asks **Yes/No** questions.

Examples:

- Are you happy?
- Are you worried?
- Are you hungry?
- Are you excited?
- Are you tired?

The first student to guess correctly becomes the next "Emotion Detective."

Choose three feelings.

Create a short story using all three.

Example:



"I was happy because it was my birthday. Then I was surprised when my friends arrived. At the end of the day, I was very tired!"

Share your story with the class.

Work in groups.

Can you write:



- ✔ 5 questions about feelings
- ✔ 5 answers

Practise asking and answering them together.

Complete the sentences.

Today I feel...

Today I learned...

One new feeling word is...

I can now ask:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.