



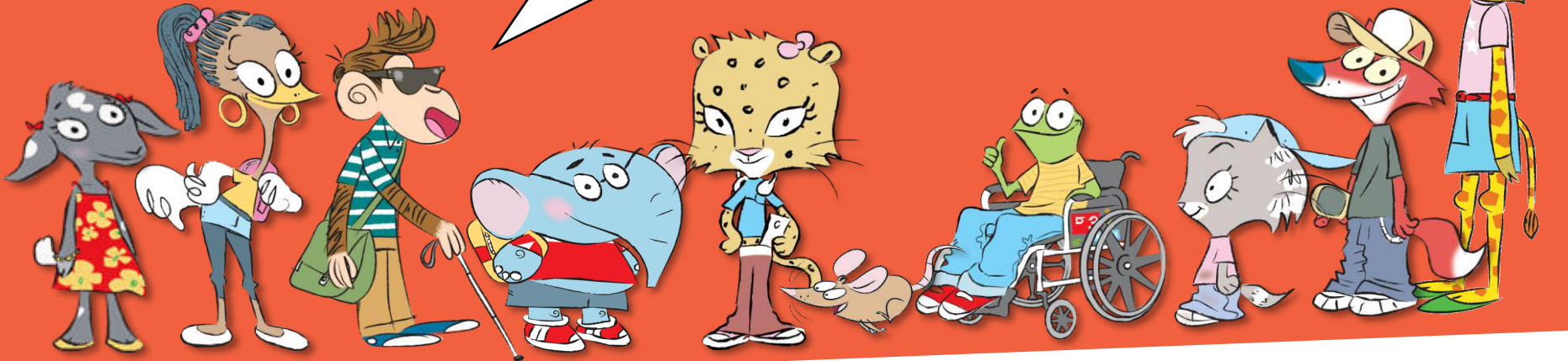
Go-Givers

How do you  
feel today?



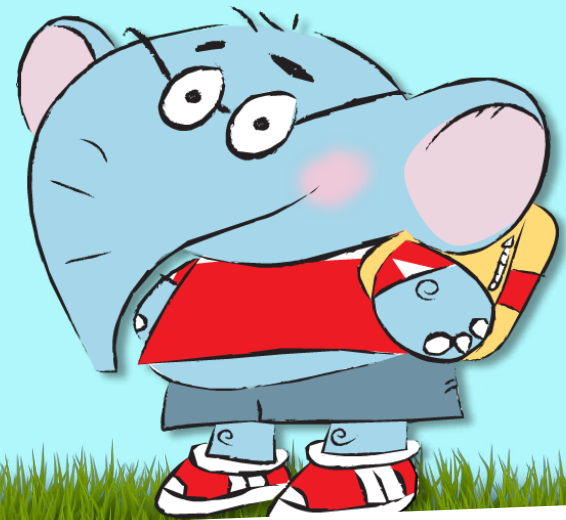


**In this lesson we will be thinking about our feelings and how we can take care of ourselves.**





Anna and Mitali have been great friends since they were 3 years old!





Anna always has lots of energy.

She loves racing around and playing football with her friends.





But recently Mitali has noticed that Anna has not been very energetic. She doesn't want to chat, race around or play football. She has missed quite a few days of school. She seems to be sad.





**Q. If you were Mitali, would you be worried about Anna?**

**Anna doesn't want to do the things she normally loves.**

**Anna is being very quiet, she's usually so chatty.**

**Anna seems to have no energy.**

**Anna has missed quite a few days of school.**



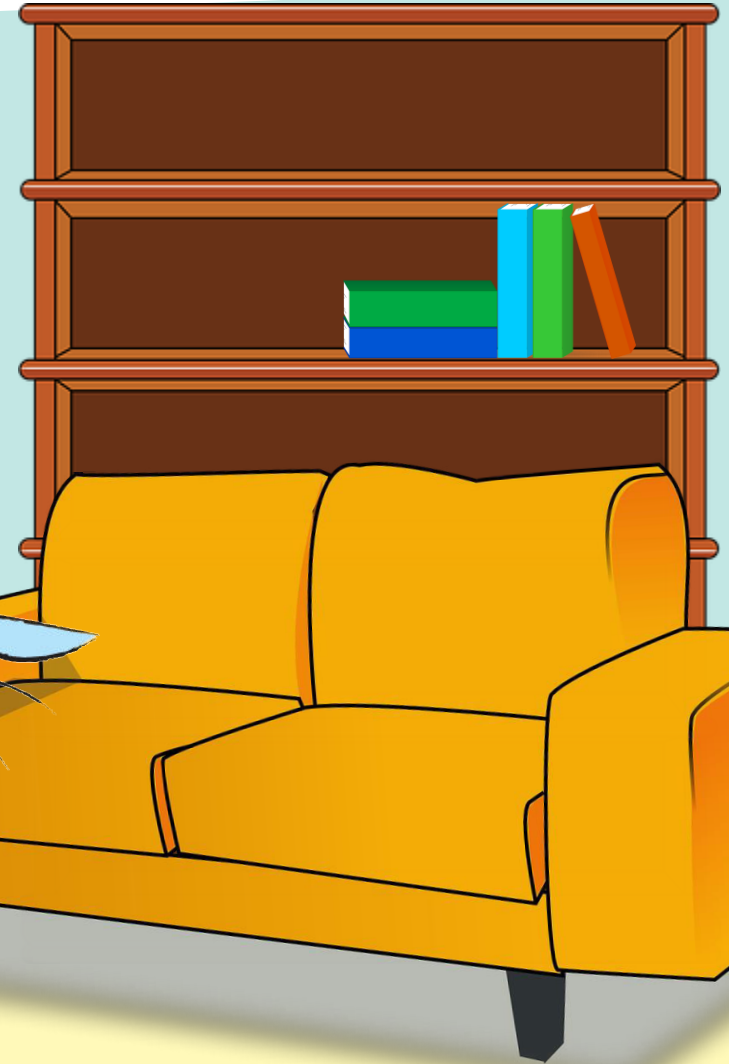


**Should I say something?**





Perhaps Anna has a  
problem at home?





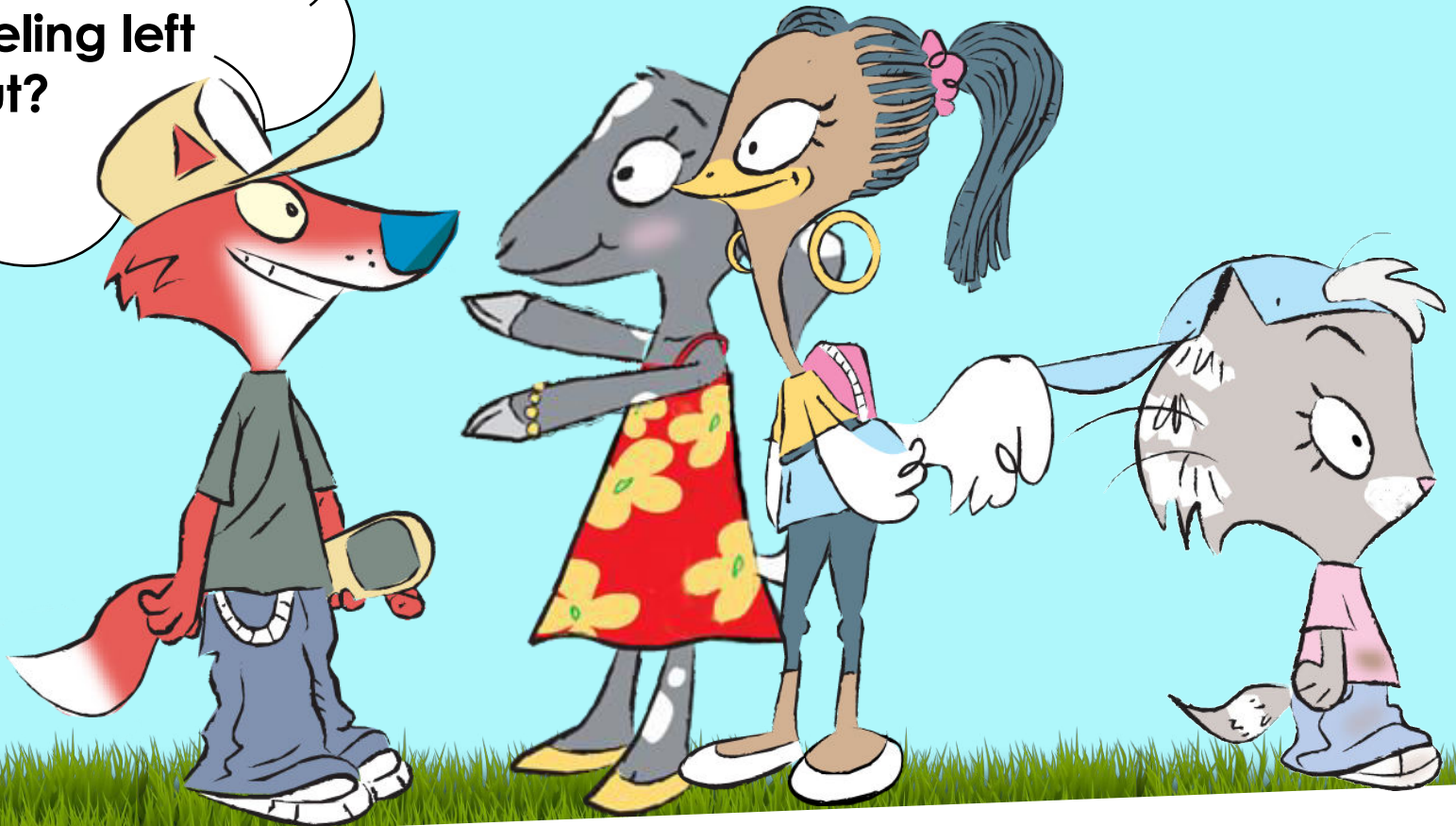


Perhaps Anna has a problem at school?



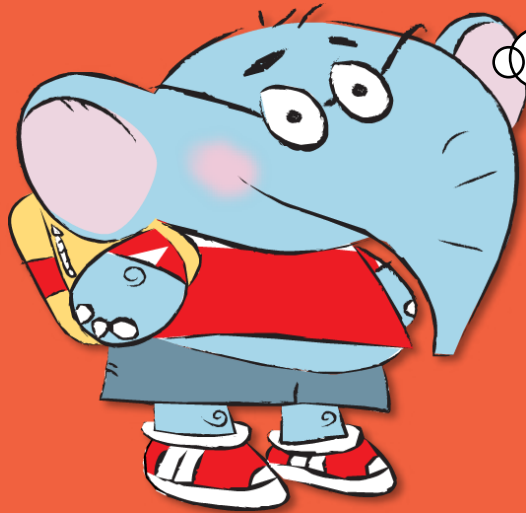


Maybe she has  
been feeling left  
out?





**Q. What can you do if you are worried about someone?**



**Anna is not her usual  
happy self.**

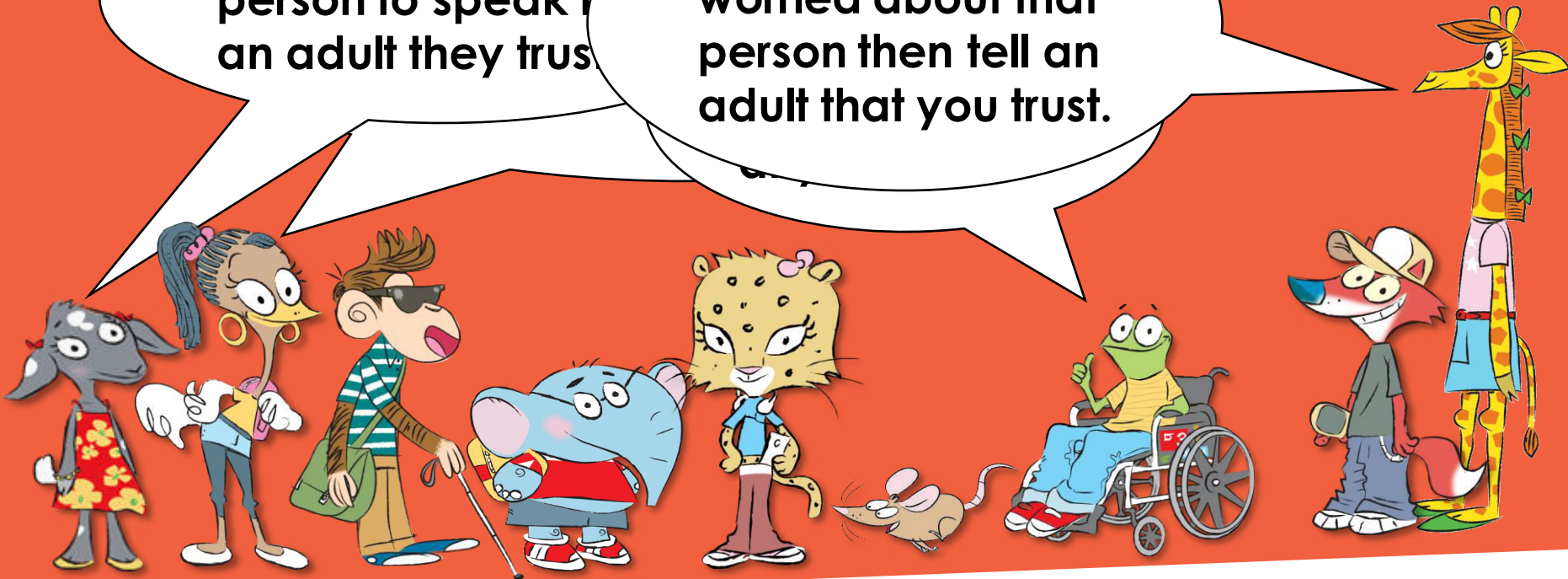
**What can I do to help?**



**Q. What can you do if you are worried about someone?**

**Encourage the person to speak to an adult they trust.**

**If you are still worried about that person then tell an adult that you trust.**





Mitali took the Go-Giver's advice and spoke to Anna.

**Hey Anna, you don't really seem like your usual self. Are you feeling alright?**





**You're right, I haven't really been feeling like myself lately. I don't know who to talk to or who to ask for help.**





**Ms Costa says that we can always talk to her or any of the other adults who work at our school.**





**Ms Costa, I haven't been feeling like myself recently. Can I speak to you about it?**

**Of course you can.**







**Q. Who can you go to if you need help?**





Hi Mitali, I spoke to Ms Costa. She helped me see that I've been sad because my grandma has been in hospital.





Oh no! Is she better?





**I'm not sure...that's what's  
been making me worry.  
I've been thinking about  
her a lot and I haven't felt  
like playing.**





Thank you for caring  
about  
h  
a  
Cos

Anna, I am always  
here to help. That's  
just what friends do.





Feeling unhappy from time to time is normal.  
Nobody is happy all the time.

**Q. Why might these people be unhappy?**





Mitali was a good friend to Anna but he knew that she really needed to talk to an adult about how she was feeling.



Read the problem cards.

**Q. How could you help?**

**Q. When should you get a trusted adult to help?**



# Finding the words

**It helps to have the right words to talk about our feelings.**

**How many feelings can you name?**

**Are they good or not so good?**







# Showing your feelings



**Mitali saw that I was sad.**

**It is good to notice how your friends are feeling.**

**How do you think the people in the photos feeling?**





**bored**



**annoyed**

**glum**

**fed up**





**angry**



**enraged**

**furious**

**aggressive**





**confused**

**unsure**



**baffled**

**puzzled**







**cheerful**



**joyful**

**merry**

**happy**





**amazed**



**surprised**

**shocked**

**stunned**





**sad**



**unhappy**

**low**

**withdrawn**





**thoughtful**

**curious**



**questioning**

**reflective**



# Acting on your feelings

**Listen to the stories of children  
and their feelings.**

**What is wrong with the way  
each child is acting?**

**What could they do instead?**







## Calm yourself

A few deep breaths work for me or counting to ten slowly.



You don't want to make things worse!

Take the time to think before you act



Don't let bad feelings build up inside you. Let them out by talking.

Tell someone how you feel





# Plenary



**Tell me how you  
might spot if a  
friend is feeling  
unhappy?**



# Plenary

**Name three or more adults that you can speak to if you are feeling sad and worried.**

