

# We Have Feelings



## PDMU STRANDS:

**Personal Understanding  
and Health**

**Mutual Understanding in the  
Local and Wider Community**

### **Miming Feelings**

Ask the children to name as many feelings as they can, e.g. happy, sad, angry, scared, disgust, nervous, etc.

- Now invite the children to turn to the person beside them and to take turns miming feelings to each other and guessing what feeling is being portrayed.

### **Story: 'Leave me Alone!'**

Rachel was feeling very sad and worried. Her new little puppy was very sick and Dad had brought him to see the vet. Mum tried to reassure her that Rex would be alright, but Rachel was worried. What if the vet couldn't make him better? What if they wanted to keep him overnight? She looked sadly at his bowl in the kitchen and then said to her mum 'I'm going to my room. I want to be on my own.'

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Rachel lay on her bed for a while and thought about Rex. He was such a cute puppy. She loved hugging him and feeding him and taking him for walks. She was even trying to house-train him. She remembered when he chewed Dad's new shoes and Dad was a bit angry. But Rex was so lovable that he soon forgave him. Suddenly, Rachel's brother Peter burst in through the door. He had his phone in his hand. 'Have a look at this YouTube video,' he said, 'It's really funny.' 'Leave me alone!' Rachel said crossly, 'I want to be on my own.'

'Ah, come on,' said Peter, 'Don't be moping. Rex will be fine. Have a look at the video. You'll love it.' 'I said leave me alone,' said Rachel, 'Leave my room right now or I'm calling Mum.' 'OK then,' said Peter. 'I was only trying to cheer you up!' And he went out, closing the door behind him. Soon Rachel heard Dad's car in the drive. She listened carefully, and then she heard a little bark! 'Yay! Rex is home!' she said, jumping off the bed. Suddenly she felt so happy and relieved. Her lovely puppy was back.

When you have read the story ask questions such as:

- Why was Rachel sad and worried?
- Were you ever worried about your pet? Were you ever worried when a member of your family was sick?

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- Why did Peter come into the room?
- Why did Rachel want to be on her own?
- What do you think Peter should have done? Is it OK to want to be on your own sometimes? Should you leave straight away if someone asks you to? If someone tells you they don't want to do something, what is the right thing to do?
- How many feelings can you find in the story?
- Can you think of any other feelings Rachel or Peter might have felt?

## Emojis

Give the children a template with lots of circles on it – about the size of a two pound coin.

Ask the children to draw emojis that show different feelings. For example:

- Sad
- Happy
- Angry
- Upset
- Scared
- Disgusted
- Worried
- Hungry
- Surprised
- Puzzled

## Personal Space

Chat with the children about personal space.

Everyone has a personal space. In the story, Rachel wanted Peter to respect her personal space.

Sometimes you might want someone to play or to hold your hand or to hug you. If someone says they don't want to, we have to respect their personal space.

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- Invite the children to draw a picture of themselves on a blank piece of paper. They should then draw a bubble around themselves and write at the top 'This is my personal space.'

## **Reflection**

Invite the children to close their eyes and read the following reflection:

Think about how you are feeling. Is there anything you are happy about? Anything you are angry or sad about? Anything you are worried about? We all have feelings. Everyone has them. We need to be careful not to hurt each other's feelings and to give each other space sometimes. We need to respect people's personal space and other people need to respect ours.

God knows us and loves us. He knows when we are upset and he invites us to ask him for help when we need it. God wants us to be happy as much as possible, but it's ok to be sad sometimes.

In the story Rachel was sad for a while, but her sadness turned to happiness when she heard her puppy barking. Feelings pass and change all the time. We thank God for the people who help us: those in our family, our friends and our community. Thank you, God, for loving me. Help me to be kind to others and to know when to respect their personal space. Amen.