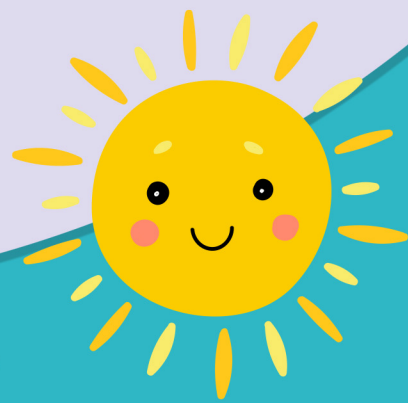


iPrimary
Reception

Activity Book

World Around Us



Name: _____

Class: _____



This week you will be exploring emotions.



This week you will be learning

- How to recognise different emotions.
- How to use feeling words to talk about your emotions.



Challenge!

Can you make a happy face?
Make a face for a different emotion. Ask a friend to say what emotion you are showing.

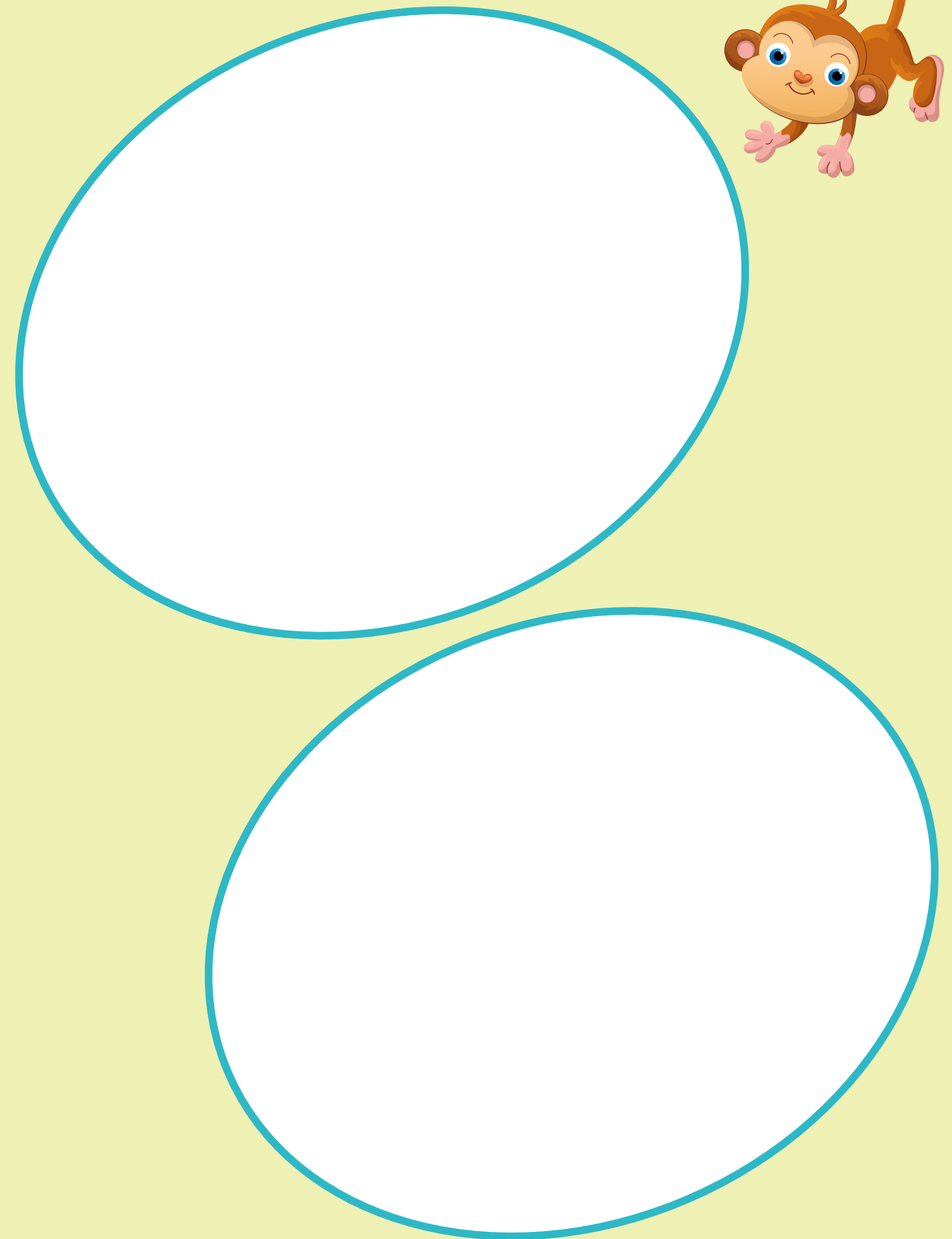
An **emotion** is a feeling that you have. Feeling happy, sad, excited or afraid are all emotions.

An **expression** is the face a person makes that shows what they are thinking or feeling. When we are happy we often smile or laugh.

Key vocabulary

happy
good
sad
cross
angry
tired
expressions
feelings
emotions

Draw a happy face and a sad face.



Draw a picture of a time when you felt happy.

Choose a word to describe a good friend.

kind

helpful

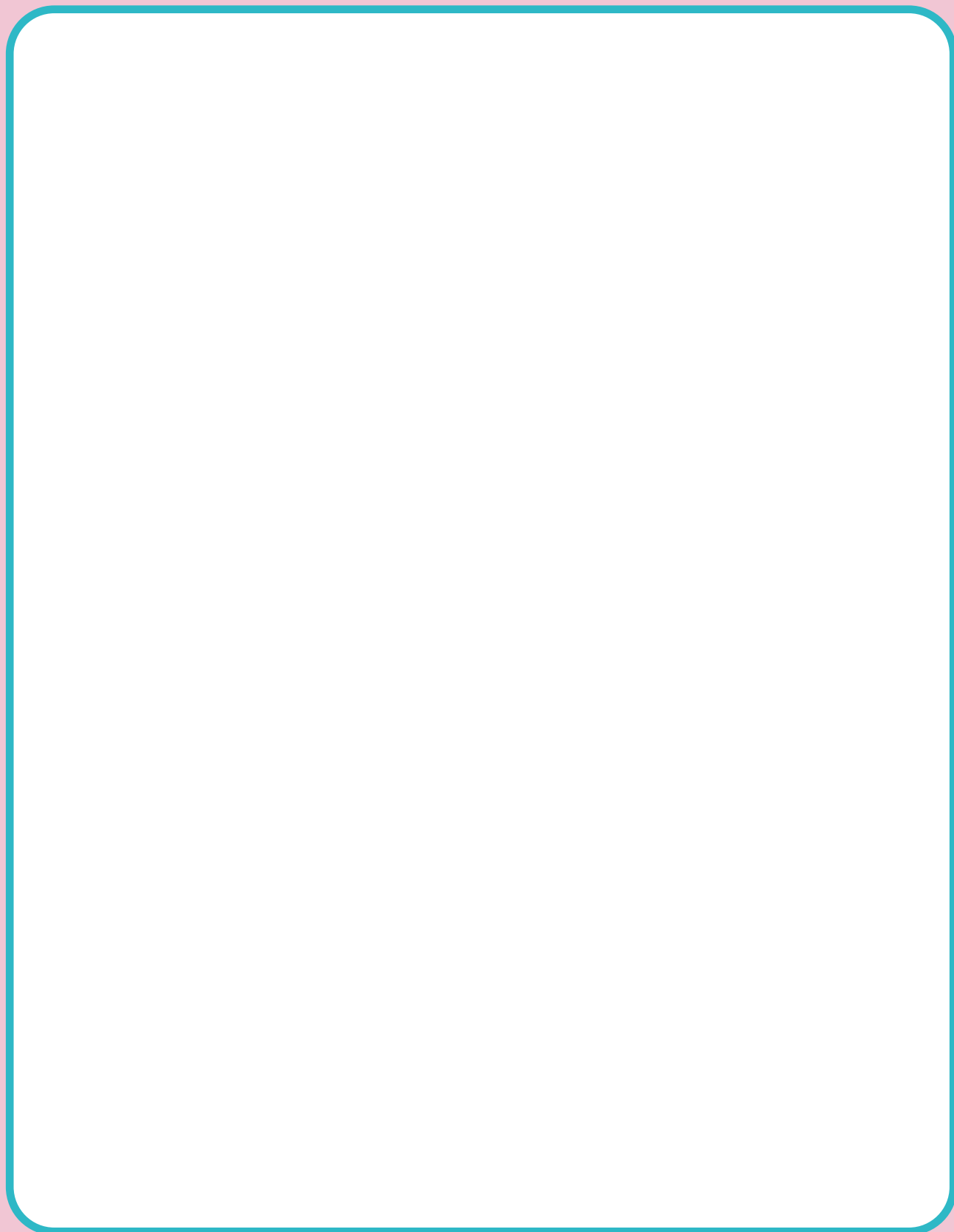
caring

sharing



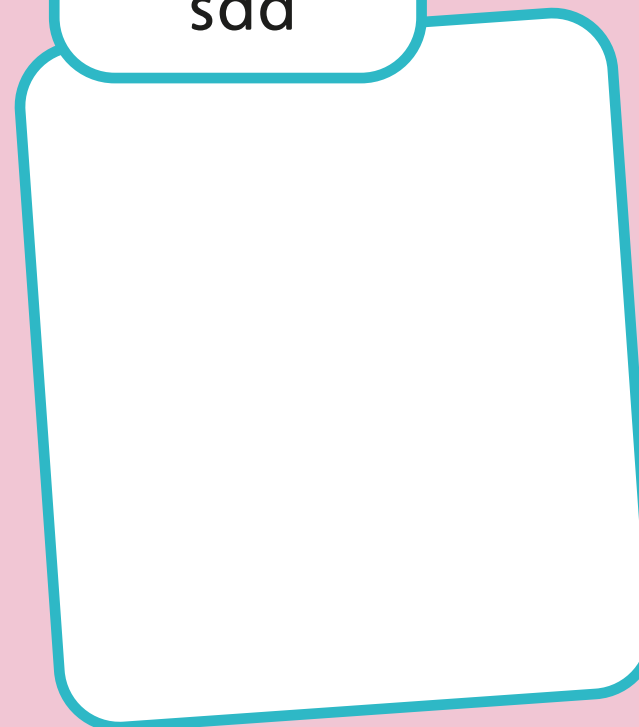
Draw a picture to show your word.

Draw a picture of a time when you felt sad.
What happened to make you feel sad?

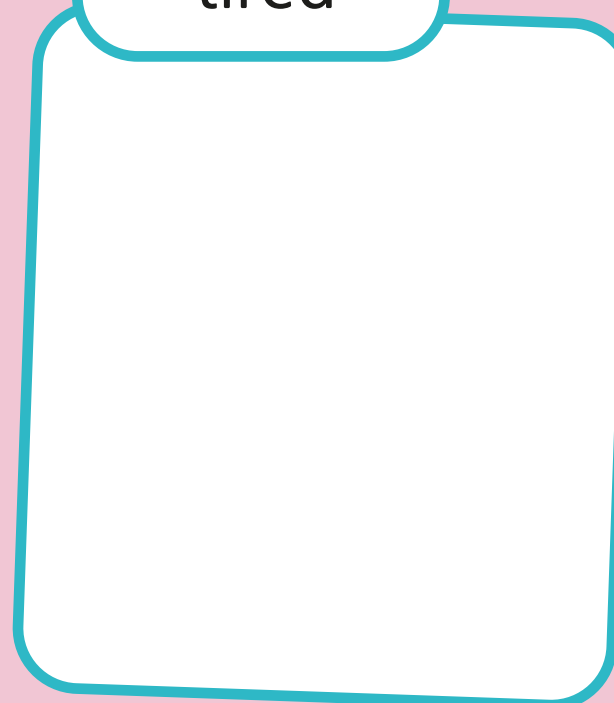


Draw a picture to show each of the feelings.

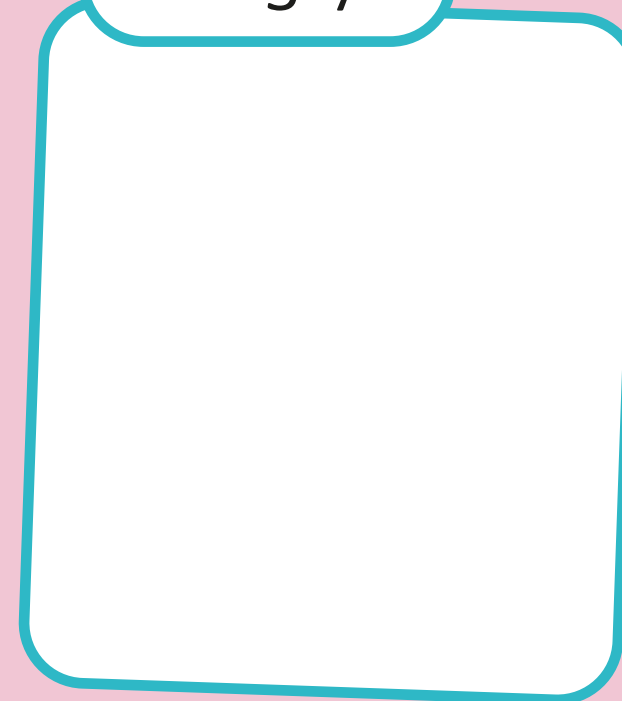
sad



tired



angry



This week we will be exploring emotions.

We will learn:

- How to talk about feeling cross.
- About things you can do to help you calm down.



Key vocabulary

calm
sad
disappointed
upset
cross
angry
frustrated
lonely



Challenge!

How many different emotions can you remember?

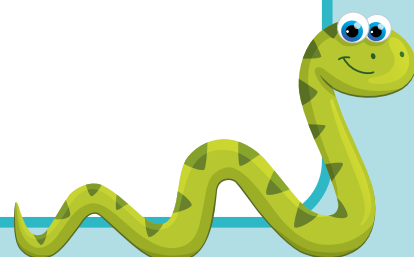
You may feel frustrated when you cannot do something you want to do. Being upset means being unhappy or worried about something. You may feel like crying or shouting.



Draw a picture of a time when you felt cross. Talk to a partner about what is happening in your picture.



Draw a picture of your friends.
Talk about how they make you feel.



This week we will be exploring emotions.



We will learn:

- Who can help you.
- How to help a friend.

Key vocabulary

lonely
proud
sad
excited
help
welcome



Challenge!

What emotions have you felt today?



When you have done something good you may feel **proud**. You may feel proud if someone close to you has done something good too.

You are **excited** when you are really looking forward to doing something or seeing someone.

This week we will be exploring emotions.

We will learn:

- How to talk about other people's feelings.
- How to help a friend.



Key vocabulary

happy
sad
upset
cross
friend
good
bad

Challenge!

How can you tell if a friend is happy?

There are many ways you can be a **good friend**. You can use kind words. You can share toys. You can include your friends in your play.

What feelings do people have?

Choose a feeling and draw a picture to show it.

happy sad upset cross
frustrated scared brave
lonely shy worried

How can you be a good friend?



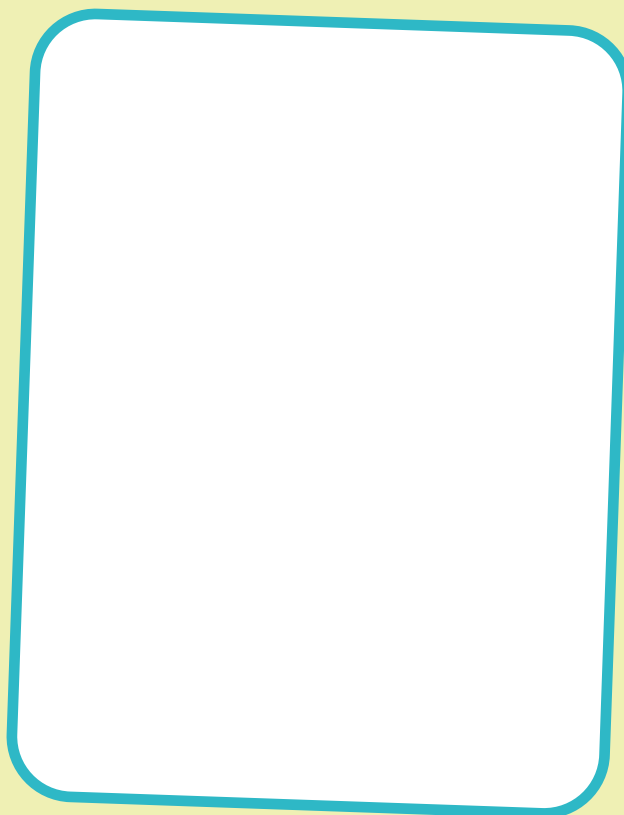
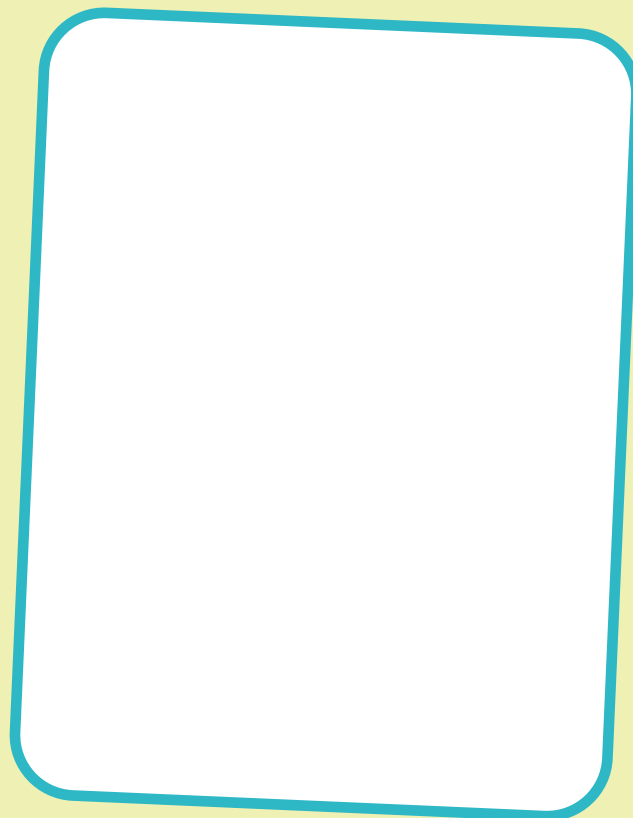
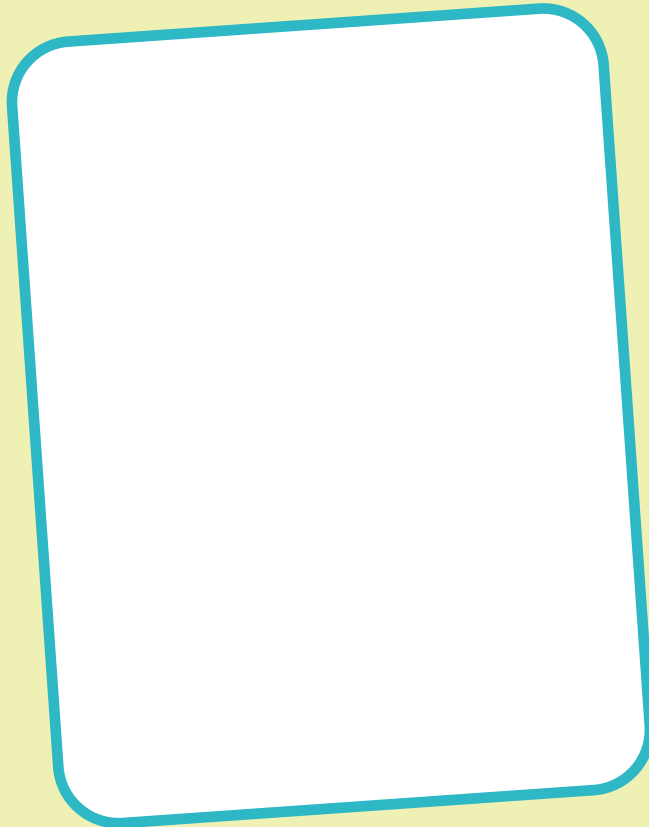
good friend



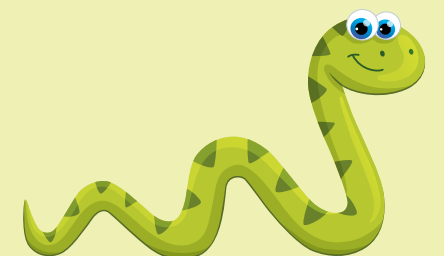
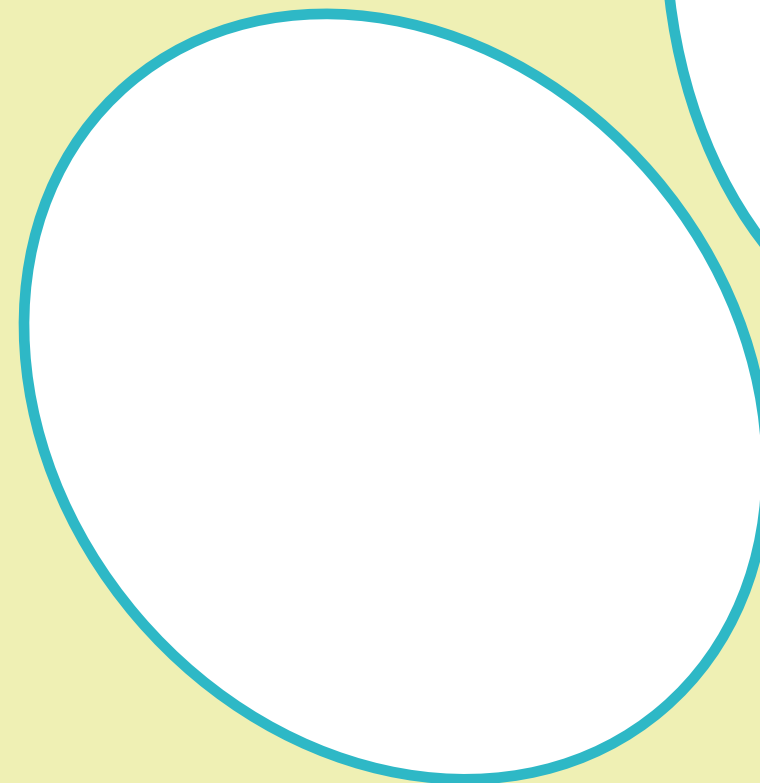
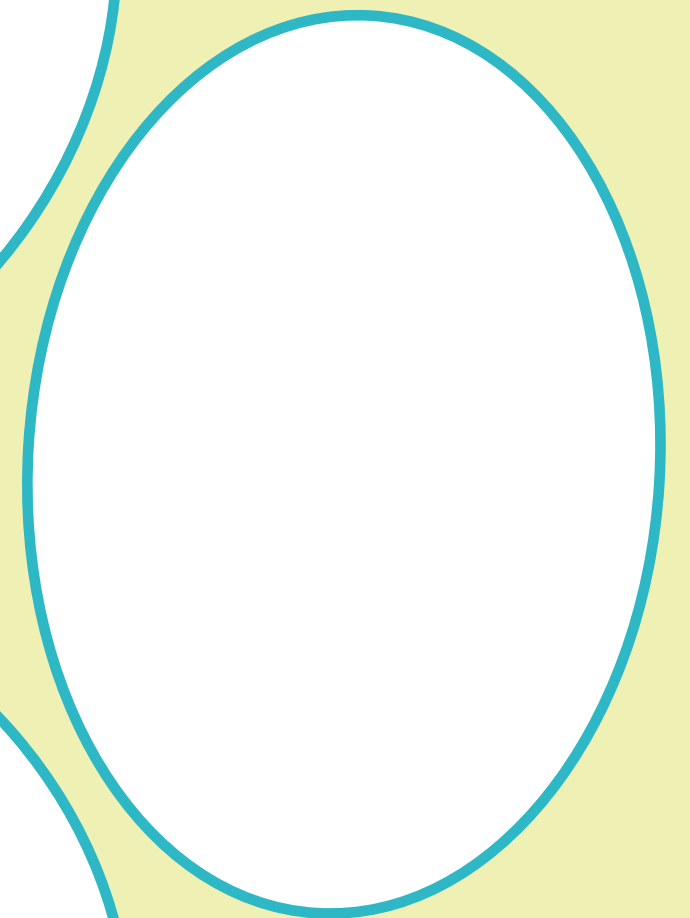
How can you tell if someone does not feel good? Can you draw some pictures that show what unhappy people look like?



Draw pictures of some things you can smell.



Draw pictures of some things you can taste.



Draw two things you use to clean your teeth.



What times of day should we brush our teeth?
Draw a poster about it.

Brush your *teeth* twice a day!



How do you keep healthy?



wash my hands
clean my teeth

eat healthy food
drink water

be active

Choose a way to keep healthy and draw a picture to show it.

Draw a picture of your amazing body.

