



How Do You Feel?



Theme

What do you know about emotions already, are you feeling good today? Let's also talk about our body parts and what movements we can make.

Activity 1:

Simon says - (emotion) - be careful, if the teacher doesn't say Simon says, then don't do it.

Who else would like to have a go at being Simon?

Warm-up your bodies - follow your teacher's movements and warm up the different parts of our bodies.

Vocabulary

Emotions

- I feel happy
- I feel sad
- I feel excited
- I feel scared
- I feel angry
- I feel sick
- I feel tired
- I feel surprised
- Dance
- Clap
- Stomp

- I feel hungry
- I feel thirsty
- I feel hot
- I feel cold

Body parts

- Head
- Shoulders
- Hips
- Legs
- Shake
- Jump
- Throw

- Knees
- Feet
- Arms
- Hands

Actions

- Kick
- Swing
- Walk
- Catch
- Hop
- Run

Activity 2: Flashcards

- Charades
- Pictionary
- Guessing

But first repeat after



- Let's play

games

me!

Flashcards

- He is happy. He is smiling because he is happy
- He is sad. He is not smiling and his eyes are droopy
- He is tired. He is sleeping. We use 'Zzzz' in the picture for snoring. What does it sound like when someone snores? His eyes are closed.
- She is excited. Her eyes look hopeful
- He is scared. He is biting his nails and his eyes look worried
- He is angry. His teeth is clenched and he is frowning
- He is sick. He is feeling sick
- He is surprised. His mouth is open and his eyes are very big
- He is hungry. He wants to eat
- He is thirsty. He is drinking water
- He is cold. He is shivering
- He is very hot. He wants to cool down. He is using a fan to help cool him down
- Which parts of the body can you see pictured above?
- We can see, hair, nose, mouth, hand, knee, ear, eye, neck, elbow, foot
- We kick with our feet. He is kicking a football
- He is swinging on a swing set
- He is walking
- She is dancing. She is dancing ballet
- We clap with our hands. Can you try clapping?
- She is stomping her feet
- They are shaking hands
- He is jumping
- He is throwing a ball. He is throwing a ball in baseball.
- He is catching the ball. He is catching a ball in American football
- He is hopping on one leg
- She is running. How fast can you run?





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He is sick. He is feeling sick



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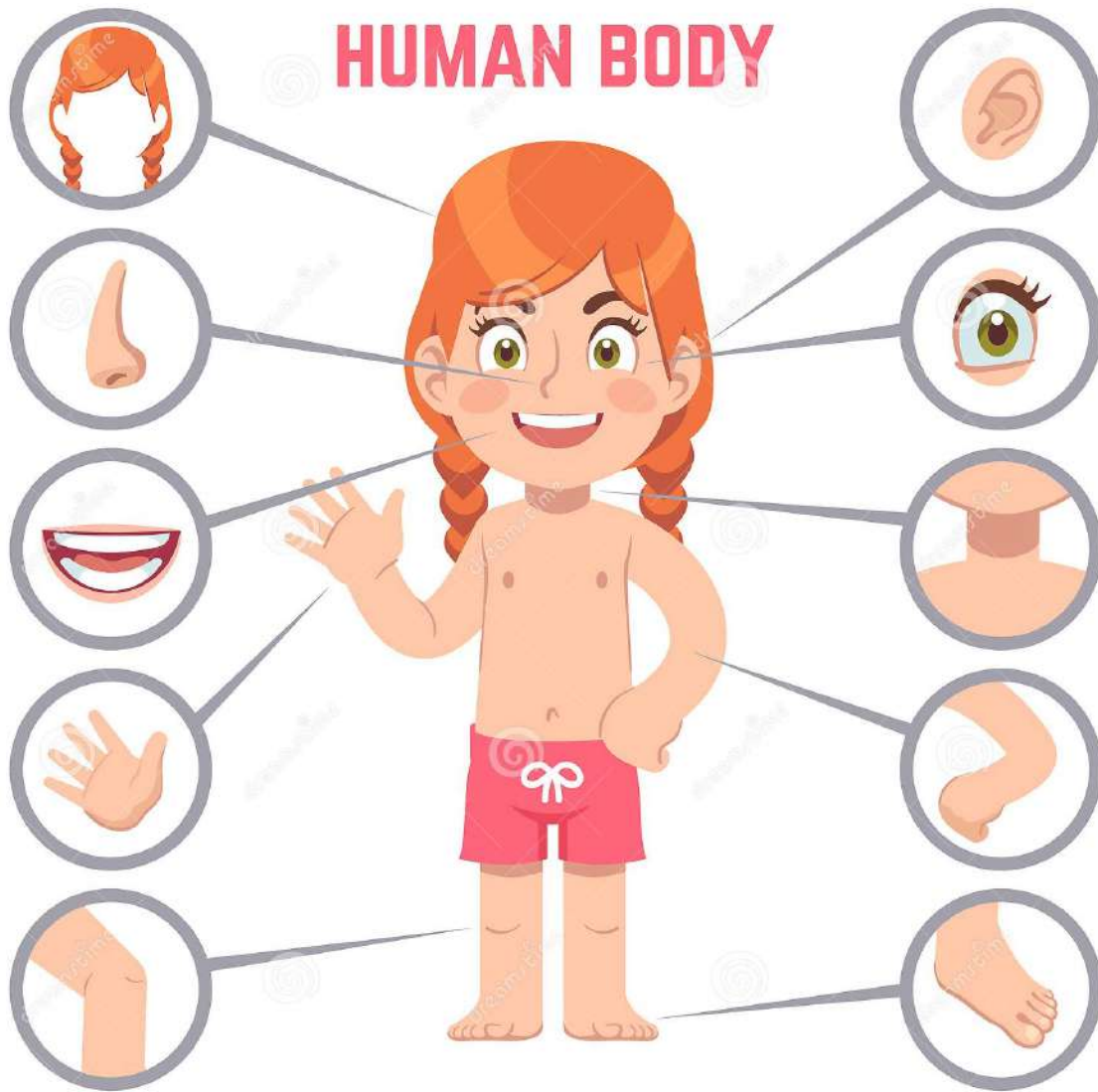


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Which parts of the body can you see pictured above?
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We kick with our feet. He is kicking a football



he is swinging on a swing set



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He is walking



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She is dancing. She is dancing ballet



We clap with our hands. Can you try clapping?



She is stomping her feet



They are shaking hands.



He is jumping



He is throwing a ball. He is throwing a ball in baseball.



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He is catching the ball. He is catching a ball in American football



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He is hopping on one leg



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She is running. How fast can you run?

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