

Bottling up

15 mins

KS 1/2

This activity explores what happens when we bottle up our feelings. It helps us understand the impact that it has on our thoughts and feelings.

What you will need

A bottle of fizzy water

Post-its

Method

- Hold up the bottle and ask the children to say things that could happen to someone that might annoy or worry them. For each suggestion that is called out, shake the bottle. After about 5-10 suggestions have been called out ask what would happen if the bottle was opened straightaway? Would you want to be the one to open it?
- Then explain that this is similar to when we bottle up our feelings, when we allow things to build up inside. It can lead to an 'explosion'
- Ask the children if the fizzing was like our behaviour what might it look like? E.g. punching someone, slamming a door, swearing and shouting, hurting ourselves.
- Next hand out the post-it notes. To prevent the bottles exploding we need to relieve this pressure. Ask the children to write or draw things that they could say or do to help cope with pressures. What are better ways of expressing our feelings?

Extension

- Discuss how we know if we are near exploding point?
- What happens to our body?
- Do we get angry quicker?
- Do we cry more easily?

