

# Emotions in poems

20/30 mins

KS 2

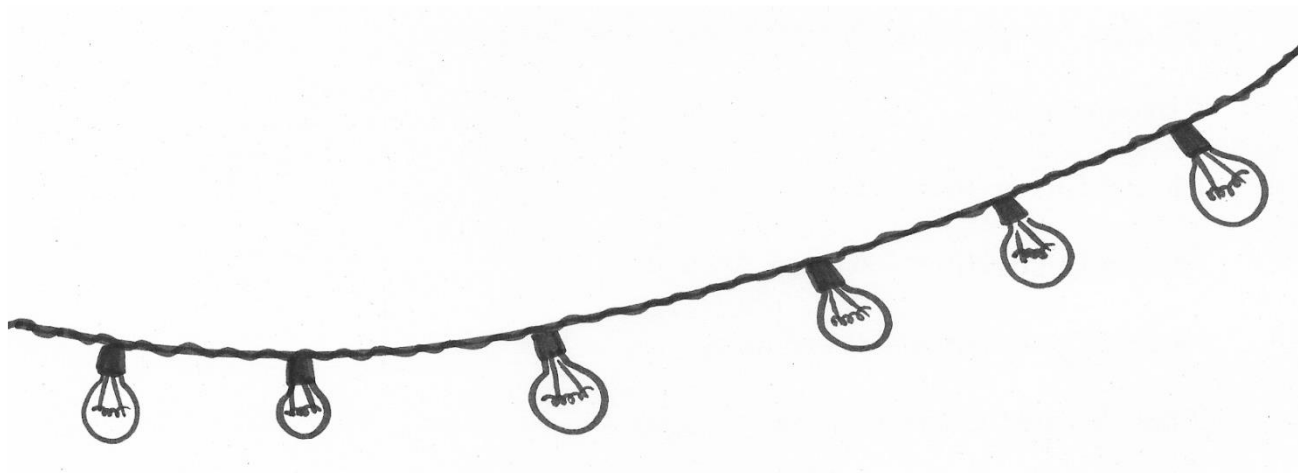
This activity can be used in literacy or PSHE and involves writing poems about emotions.

## What you will need

Poems about feelings  
My feelings worksheet  
Poem worksheets (acrostic style)

## Method

- Read some poems about emotions to the class and discuss them.
- Ask the children to fill in the 'my feelings worksheet' writing down ideas for writing their own poems.
- Once they have written down a few ideas, let them start writing their poems either free hand or using the poem worksheets.
- Explain how acrostic poems work.



## My feelings ..... (name)

- You will be writing poems about your feelings. Use this worksheet to gather ideas for your poems.
- List as many things as you can under each heading.

What does sad look like?

What things make me sad? E.g. when it's raining


What does happy look like?

What things make me happy? E.g. when the sun is shining


What does angry look like?

What things make me angry? E.g. people cheating


What does scared look like?

What things make me scared? E.g. monsters


Sad

S

A

D

Happy

H

A

P

P

Y

Angry

A

N

G

R

Y

Scared

S

C

A

R

E

D