

Ups and Downs

20 mins

KS 2

This activity shows children the range of emotions we can feel in just one day.

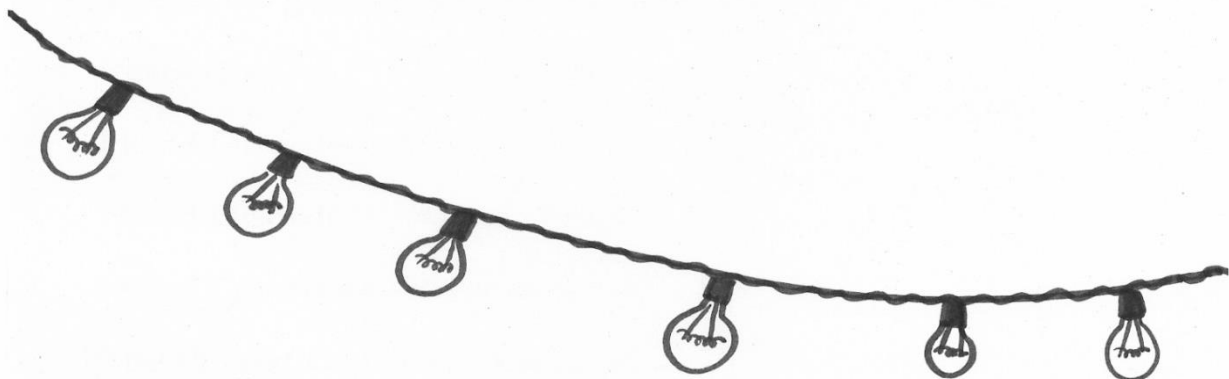
What you will need

List of events

Feelings graph

Method

- Give a copy of the graph to each child
- Ask the children to listen to a series of events that you will read to them. These events are things that might happen during a day.
- As you read each one aloud, ask the children to plot on the graph the emotion they would feel. Emphasise that this is about how they feel about the situation.
- After you have read out the events or a selection of events, ask the children to join up the points on their graph. Demonstrate how this is done from left to right.
- Next ask the children to talk to the person next to them and compare their graphs. Invite them to talk about any similarities and/or differences.
- Talk about the ups and downs of everyday life and how important it is for us to know and be aware of the feelings we are experiencing and the situations or contexts we are in.
- Explain that our emotions and how we react to situations can vary depending on what has happened before or the amount of stress or worries we are dealing with.



List of Events

- It's your birthday today.
- A letter with your name on it has just been delivered to your house.
- When you get to school a different teacher is taking your class today.
- Your best friend isn't at school today because they are ill.
- You paint a really good picture. Someone spills water all over it.
- You forgot that there is a spelling test today.
- A friend doesn't play with you at break time.
- You got a certificate for good work / behaviour and have to collect it during assembly.
- The teacher asks you to take a message to another class but when you get there you forget what the message was.
- You over hear a child in your class telling lies and blaming someone else for something they did.
- You fall over in the playground and you classmates help look after you.
- You bake cakes in school today.
- The teacher says that you have painted a lovely picture.
- You open a carton of milk and it goes everywhere.
- Your friend tells you that they are moving to another school.
- A person who you know is a bully is walking towards you.
- You get the part you wanted in the school play.
- You get asked to help look after the new kid in class.
- The teacher asks a Maths question, you put your hand up to answer but get it wrong.
- You watch as two children get into a fight.
- You win first prize on sports day.
- Its golden time in the afternoon, you get to pick what you want to do.
- You hear someone approaching you from behind.
- At swimming lessons someone pushes you off the side and into the water.
- Your favourite food is being cooked for dinner tonight.
- You have an argument with your brother or sister.
- You aren't allowed out to play with your friends until you have tidied your room.
- You are alone in your bedroom when suddenly the lights go out. It is really dark.
- Someone reads you a bedtime story.
- It's mufti day at school tomorrow.