

Feelings

Writing Opportunities



For these writing opportunities, consult the **Glossary** to use the new topic vocabulary.

Informal letter: Dear Grandad

You were disappointed that Grandad wasn't able to come to your birthday party, but you still had fun, celebrating your special day. You want to tell him all about how you celebrated with your best friend, Marlon.

Tell him how sad you were that he couldn't make it and how much you hope he can come next year.

You might include:

- A picture of you and Marlon celebrating.
- What you did to celebrate such as playing games or playing with new toys.
- What special things you had to eat and drink.

Remember:

- Start your letter with: Dear Grandad.
- Begin by explaining why you are writing, e.g. 'I'm writing to tell you how much I missed you...'

Acrostic poem: A Feeling

We all experience different emotions when we do different things. Can you write an acrostic poem to describe some things that make you feel that emotion?

You might include:

- Adjectives and similes, for example: the warm, glowing sun.
- Interesting verbs, for example: splashing in the sea.
- Things you can hear, feel and taste as well as see, for example, licking a strawberry lollipop.

Remember:

- Mind map your ideas first before creating the acrostic poem. Choose your best ideas.
- Keep each line short and interesting, for example:

Hearing laughter

A summer day by the sea

Picnics with delicious strawberries

Parties, cakes and balloons

Yellow sunflowers dancing

Feelings survey: How Do You Feel?

In pairs, have a think about all the different types of feelings you can think of, for example: annoyed, happy, nervous or shy. Share all your different feelings together as a class.

Think of a time when you experienced certain feelings. Draw a picture of that time to share with a friend. Explain to your friend how you felt and what made you feel that way.

You might include:

- A description of how you felt using feeling words.
- Details about why you felt this way and what happened.
- Thoughts about anything you might do differently next time.

Remember:

- Always be kind and listen carefully when people are sharing their feelings.
- Ask any questions to find out more about your partner's story.

Poster: Sharing Feelings

'It's ok to feel angry, but it's not ok to kick a chair.'

You felt a lot of difficult feelings when you found out that Grandad wasn't coming to your birthday but you kept them all to yourself. Once you could share what happened with Mrs. Ward you felt a lot better.

Design a poster to encourage other children to share their feelings with someone they trust.

You might include:

- Suggestions of how to handle different emotions, for example, 'Share your problem with a friend'.
- Use colours and emojis to show different feelings. You could use cool colours to show sadness and hot colours to show anger.
- Add characters with speech bubbles to show people talking to each other about their feelings.

Remember:

- Create bright, bold words and images.
- Key phrases that are memorable, for example: 'Share a problem', 'Don't bottle things up' or 'Good friends will always try to help'.

Thank you card: Dear Marlon

You now know that Marlon only wanted to help when he asked if you were feeling ok. Design a card to thank him for being such a good friend, and apologise for turning your back on him and kicking his chair.

You might include:

- A promise to share your feelings with him in the future.
- A sentence to let him know you hope he will share his feelings with you too.
- An apology for how you treated him.
- Ideas about all the fun things you hope to do together in the future, for example:

*'I hope we can have many more adventures together.'
'I look forward to all the picnics and tree climbing we will share.'*

Remember:

- Start your card: Dear Marlon.
- End your card in a friendly way. For example: 'I hope to see you soon' and 'Love from'.