






Social Emotional Mental Health

Managing feelings and behaviour:

- Animals zones of regulation
How do the animals feel in different situation? Choose an animal, describe how they feel using the symbols and try to guess in what zone of regulation they are.

 Animal:	 Animal:					
 How do they feel?	 Which zone?	 How do they feel?	 Which zone?			
 How do they look and behave?	 How do they look and behave?					

- Watch video clips of animals and talk about how they are feeling.
<https://www.youtube.com/watch?v=oq3yRq1xYBc> (angry sheep – Noah’s Ark)
<https://www.youtube.com/watch?v=84Irg8xn4bg> (sad Simba)
<https://www.youtube.com/watch?v=5w0Y2dmFGvA> (Madagascar happy moments)
<https://www.youtube.com/watch?v=eGbXF3znjE0> (scared Diego – Ice age)
<https://www.youtube.com/watch?v=8dXF7y1QUxU> (angry Manny – Ice age & sad baby)
<https://www.youtube.com/watch?v=9RNpRjMcZDA&t=32s> (Curious George at the zoo story)

- Animal emotions clip cards (attached)

Materials Needed:

- Paper or Cardstock
- Laminator (optional)
- Clips (clothespins)



- Penguin emotions
 - Materials needed:
 - ✓ Penguin template
 - ✓ Emotion words
 - ✓ Penguin emotion faces



- Create Milton - My Worry Monster

My Worry Monster

If you sometimes worry about things like Milton, you may like to make your own worry monster.

Worry monsters are great because they read your worries and munch them up so you no longer need to worry about them!

Follow the instructions below, write down your worry on a piece of paper and put it in your worry monster.

You will need:

- A disposable drinking cup
- Coloured paper/felt
- Pipe cleaners
- Googly eyes
- Pom-poms
- Sticky tape
- Scissors
- Glue



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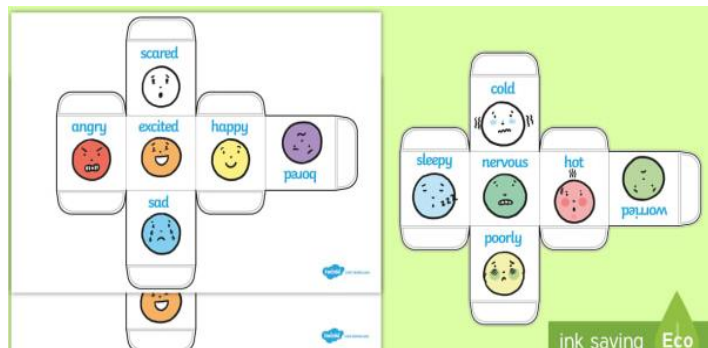


Instructions

1. Take your drinking cup and cut some coloured paper or felt to fit around the outside of the cup. Use the glue to stick this down.
2. Stick googly eyes (or draw your own!) onto the front of the cup. It can look as crazy as you like!
3. You may wish to add pipe cleaner antennae, a monster mouth, a pom-pom nose or anything else you want.
4. Write any worries that you have on a piece of paper and feed it to your monster! If you want to, you could talk to a friend or a member of your family about the worry.

ink saving Eco

- Create a feelings dice using:
 - ✓ The feelings dice template (attached)
 - ✓ Scissors
 - ✓ Glue



ink saving Eco

- Emotion scenario cards (attached)

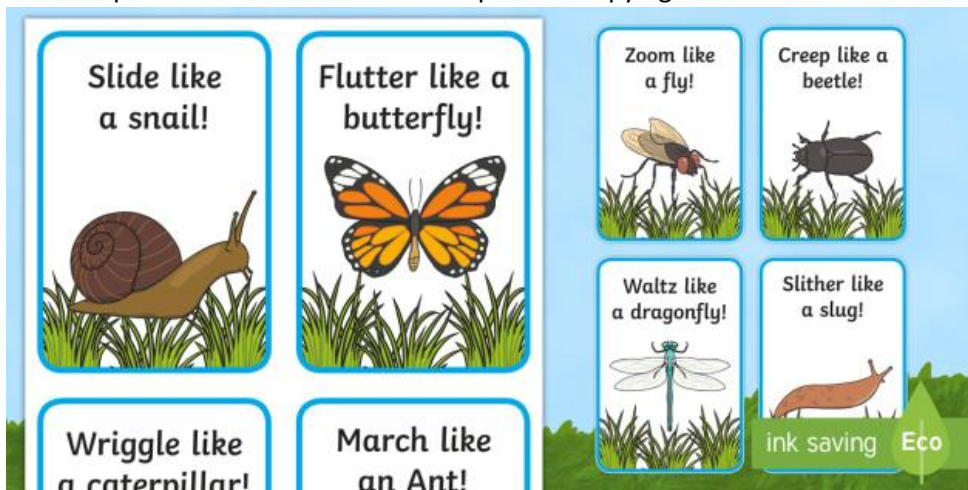
Describe what is happening in the pictures, how does the person feel and why!



Body awareness:

- Minibeast action cards

Children pretend to be minibeasts and practice copying their actions.



- Read 'The Zoo Vet' story and talk about how we can keep our body safe and healthy
<https://www.twinkl.co.uk/resource/the-zoo-vet-story-powerpoint-t-or-1117>

Internet safety:

- Read through 'online Smartie the Penguin'



- Read 'Safety at the Zoo' poster and try to think of your own ideas how to stay safe at Zoo.
<https://www.twinkl.co.uk/resource/t-t-21694-safety-at-the-zoo-poster>