



## OBJECTIVES

Children will be able to:

- Begin to understand the importance of trying to express feelings
- Know how to offer sympathy and comfort if one of their friends is in distress



## TIME

4-5 hours



## MATERIALS

Paper, crayons or paints

Feelings story

## ACTIVITIES

### *Brainstorm and Drawing*

### **FEELINGS**

Brainstorm all the different types of words for feelings that children know. Ask children to shut their eyes and think of something that makes them feel happy, frightened or angry. Ask them to draw a picture showing their feeling. Ask if anyone wants to tell the group about their picture and feeling.

### **MIMING THE FEELING**

Ask children to think of one of the feelings and then do a mime to the group. The group must guess the feeling. In pairs ask one child to pretend to be very angry or upset. The other child tries to comfort her/him and calm her/him down. Now swap roles.

Discuss

- How did you feel when you were being upset/angry
- What did your partner do to try and calm you down?
- Did it work?
- How did it feel when you were the one trying to calm your partner down?

### **Summary**

- We all have feelings and it is important to accept feelings, whatever they are.
- Try not just to tell someone to stop if they are crying.
- Avoid saying things like “boys shouldn’t cry” and “don’t be a baby.”
- Try to help someone who is upset to tell you what is wrong, and see if you can help him/her.

**EXAMPLES OF STORY FEELING**

Scared. Worried. Anxious.  
Happy. Carefree.  
Powerful. Lonely.  
Sad. Ashamed



**Feelings story**

Read the story below. Ask the children to listen for all the signs that show the feelings that the characters may have experienced in the story.

Agnes woke up crying. Last night her mother told her that her older sister is very sick and has AIDS. She will be going to visit her at the weekend. On the way to school Agnes met her friend Mutale who was singing and laughing and playing with his ball. Mutale asked Agnes to play with him. At the bus stop, they passed a street kid (Joseph) who was looking very dirty and tired. They called him names and laughed at him. Then an older boy came along and took Joseph by the hand. Joseph told the older boy that he had no parents and the people he lived with were cruel to him. Agnes and Mutale became very quiet and stopped laughing.

For example:

- Why was Agnes crying? How might she have been feeling?
- Why was Mutale singing? How was he feeling?
- Why was Joseph crying? How was he feeling?
- Why did Agnes and Mutale become quiet? How were they feeling then?

**Role-play**

For older children: divide into small groups and role-play the story, encouraging the children to express their feelings.