

Pupils with ADHD and other specific learning difficulties may have difficulty expressing their emotions and recognising the emotions of others. 'Face the feeling' encourages pupils to think about how different emotions feel and situations in which different emotions occur. It also gives teaching staff an opportunity to discuss appropriate coping strategies with pupils. The activity works best when conducted one to one with pupils.

Aim of Activity

- To encourage pupils to think about how different emotions make them feel and look
- To help pupils understand why they feel different emotions in different situations
- To discuss appropriate coping strategies with pupils

Instructions for activity

- There are a total of five 'face the feeling' worksheets available. The emotions increase in complexity and teaching staff can work with pupils over a number of sessions to gradually introduce them to different emotions. The fifth worksheet contains a blank emotions column into which pupils can insert their own emotions.
- For each emotion, ask pupils to think about and write answers to the four questions. Talk to pupils about how their face looks when they feel the different emotions. Discuss how our bodies react to different emotions and talk to pupils about the position of our shoulders, hands and posture when we feel different emotions. Pupils should be encouraged to think about different events/ situations such as home, school or birthdays. Encourage pupils to think about when their friends, parents or teachers feel the emotions and what seem to do when they feel them.

Adapting the activity

- If pupils have a lot of difficulty recognising how their body/face looks during certain emotions, consider using a mirror to help them understand this. Encourage pupils to think about the emotion and look at the position and shape of each body part in turn (e.g. eyebrows, then eyes, then mouth).
- If pupils find producing emotions difficult, try acting out the emotion yourself and encourage pupils to look at your face and body.
- Pupils could be encouraged to produce comic strip showing information from the activity. Different comic slides could be drawn depicting a situation, a character experiencing an emotion and their outcome in that situation.

Emotion	When do you feel like this?	What does your face look like when you feel this? What does your body do?	When might others feel this? (think about your parents, teachers or friends)	What do others do when they feel like this
Happy	When I do well on a test	I have a big smile and my face and body are relaxed	Mum - When my little brother behaves himself	They laugh lots and are more affectionate
Afraid				
Kind				
Unsure				

We all feel different things at different times and some people act differently in different situations. The activity below will help you think about how different emotions feel and look and will help you think about what you should do when you feel different emotions. For each emotion, answer the questions in the columns on the right. Use the example to help you.

	What does your face look like when you feel this? What does your body do?	When do you feel like this?	When might others feel this? (think about your parents, teachers or friends)	What do others do when they feel like this?
Happy	I have a big smile and my face and body are relaxed	When I do well on a test	Mum - When my little brother behaves himself	They laugh lots and are more affectionate
Sad				
Surprised				
Excited				

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Hurt				
Interested				
Unfriendly				

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Bored				
Disgusted				
Sorry				

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We all feel different things at different times and some people act differently in different situations. The activity below will help you think about how different emotions feel and look and will help you think about what you should do when you feel different emotions. There are three spaces in the left hand column for you to write some emotions that you often feel. Use the example to help you.