



# Feeling the Winter Mood

Naming and Managing Emotions

# Key Words



## Emotion

A feeling inside you. Like happy, sad, or angry.



## Strategy

A plan to help you do something well.



## Environment

The place around you. Your room, school, or outside.



## Regulation

Getting control of your feelings. Staying calm.

# True or False

Winter is the best season for relaxing.



**TRUE**



**FALSE**

Answers on the next slide...

# True or False



Winter is the best season for relaxing.



**FALSE**

People have different ideas. Some find winter cosy. Others find it too cold or dark.

# How Winter Changes Us

## The Weather

Cold days and dark nights can make us feel **tired**.

## Inside Us

We might feel **sad** or **grumpy**. We have less energy.

## Why?

Our environment affects our mood.





# Name the Feeling

## Look at the Mood Chart

Point to how you feel today.

- Do you feel **tired**?
- Do you feel **calm**?
- Do you feel **sad**?

Naming the feeling is the first step.



# Picking a Strategy



## What is a Strategy?

A strategy is a tool you use to feel better.

## Sensory Tools

These use your senses.

- **Touch:** A warm blanket.
- **Sight:** A bright lamp.
- **Sound:** Calm music.

# The 'Reset' Breath

## Step 1

Sit up straight. Put your feet on the floor.



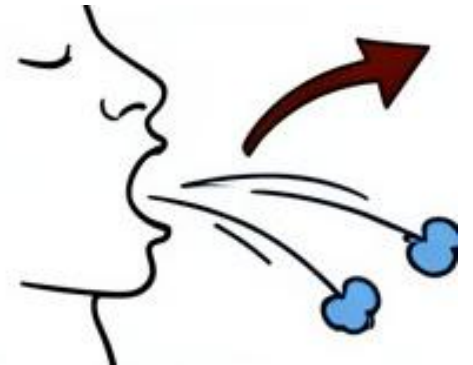
## Step 2

Breathe in slowly through your nose. Count 1, 2, 3.



## Step 3

Breathe out slowly through your mouth. Count 1, 2, 3.



# Match the words with the pictures

1.

Tired

2.

Sad

3.

Calm

4.

Cold

a)



b)



c)



d)



# Match the words with the pictures



b)



1.

**Tired**

c)



2.

**Sad**

d)



3.

**Calm**

a)



4.

**Cold**

# Build Your Toolkit

1

## Pick a Mood

Choose a feeling you have in winter. Like tired or cold.



2

## Choose a Tool

Pick a strategy to fix it. Like a warm drink or a blanket.



3

## Write It Down

Draw or write your plan on your sheet.





# Get creative

## Winter Toolkit

Draw/write 3 calming actions. Match each to a winter feeling.

**Support:** 'When I feel cold, I can...'

**Stretch:** Compare strategies: Which is quickest?

What you'll need:  

Worksheet, Pen, Pencil colour'S



# Discuss!



## Review

Share one strategy from your toolkit. Why does it work for you?

# Discuss!



**You might have said...**

It makes me warm

It helps me slow down

It makes me feel safe

I like the taste/smell

# Exit Ticket

## Question 1:

Name one winter mood.

## Question 2:

What is a strategy?

## Question 3:

What can you do to stay calm?



Answers on the next slide...

# Exit Ticket



## Answer 1:

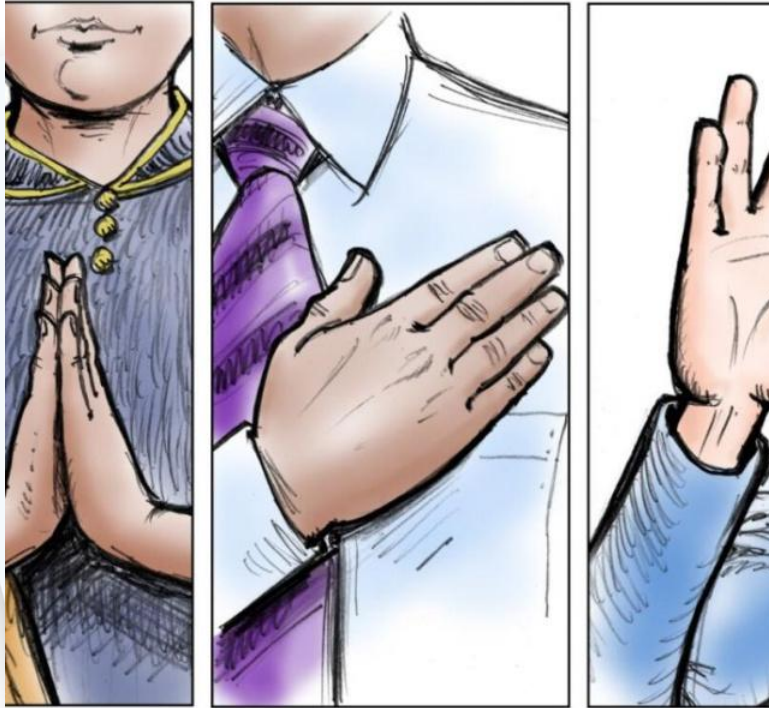
Sad, Tired, Cold, Grumpy (any valid mood)

## Answer 2:

A plan or tool to help you

## Answer 3:

Breathe, Use a blanket, Listen to music (any valid strategy)



# The Power of Apology

Repairing Friendships

# Discuss!



## Let's Talk

Is it always easy to say sorry?

# Discuss!



**You might have said...**

Sometimes it is hard.

We might feel scared.

We might feel shy.

But it is brave to try.

# Key Words



## Apology

Saying sorry for a mistake.



## Repair

To fix something that is broken.



## Accountabilit

**y**

Saying 'I did it'.  
Owning your act.



## Script

A plan of what to say.

# Why Say Sorry?

## Fix the Hurt

When we hurt a friend, we feel bad.

## Keep Friends

Saying sorry helps us stay friends.

## Be Brave

It shows we are strong and kind.



# The 3-Step Script

1

## Step 1

Say: 'I am sorry for...'  
Say what you did wrong.

2

## Step 2

Say: 'It was wrong because...'  
Explain why it was bad.

3

## Step 3

Say: 'Next time I will...'  
Say how you will fix it.



# See It In Action



## The Mistake

Sam broke Lee's pencil.

## The Script

1. **I am sorry for** breaking your pencil.
2. **It was wrong because** I was not careful.
3. **Next time I will** ask to borrow it nicely.

# Pick the Best One

Answers on the next  
slide...

Which is the best way to say sorry?

**1.** I didn't mean to.

**2.** You made me do it.

**3.** I am sorry. I will fix it.

**4.** Whatever.

# Pick the Best One



Which is the best way to say sorry?

1. I didn't mean to.

2. You made me do it.

3. **I am sorry. I will fix it.**

4. Whatever.

# Fill in the blanks

I am sorry for breaking your pencil. It was wrong because I was not careful. Next time I will \_\_\_\_\_.

Word bank 

ask first, take it, run away, hide it

Answers on the next slide...

# Fill in the blanks



I am sorry for breaking your pencil. It was wrong because I was not careful. Next time I will **ask first** \_.

Word bank 

**ask first, take it, run away, hide it**

# The Winter's Tale

## Leontes' Mistake

Leontes was very angry.

He said bad things about his friend.

He hurt his friend badly.

## Your Task

Write an email to Leontes.

Help him say sorry.



# Write an Apology Email



Write an email to Leontes.

Use the script:

**I am sorry for...**

**It was wrong because...**

**Next time I will...**

Add a **repair** plan to make it better.

# True or False and why?

'Next time I will...' is the most important part.



**TRUE**



**FALSE**

Now it's time to explain why...

# True or False and why?

'Next time I will...' is the most important part.



## Why is that?

- a) It is the shortest part.
- b) It shows you will change.

Answers on the next slide...

# True or False and why?



'Next time I will...' is the most important part.



## Why is that?

a) It is the shortest part.

b) It shows you will change. 



# Review

## What I Learned

I learned how to use the sorry script.

## What I Will Try

I will use the script when I make a mistake.

## Keep Going

Small fixes keep friendships strong.



# Safe Adults: My Support Circle

Who can help you when things are hard?

# True or False and why?

You should always solve problems on your own.



**TRUE**



**FALSE**

Now it's time to explain why...

# True or False and why?

You should always solve problems on your own.



## Why is that?

- a) True. It shows you are strong.
- b) False. Safe adults can help you solve problems.

Answers on the next slide...


# True or False and why?



You should always solve problems on your own.



## Why is that?

- a) True. It shows you are strong. 
- b) False. Safe adults can help you solve problems.



# Lesson Purpose

## The Job

Identify safe adults you can talk to.

## Why?

So you know **who to ask** for help when things get hard.

**PfA: Community and Relationships**

**Golden Thread: Knowledge**

# Key Vocabulary



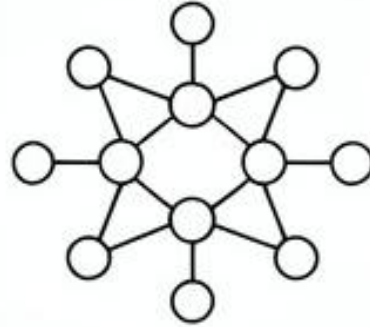
## Support

Help given to someone who needs it.



## Trust

Believing someone is safe and honest.



## Network

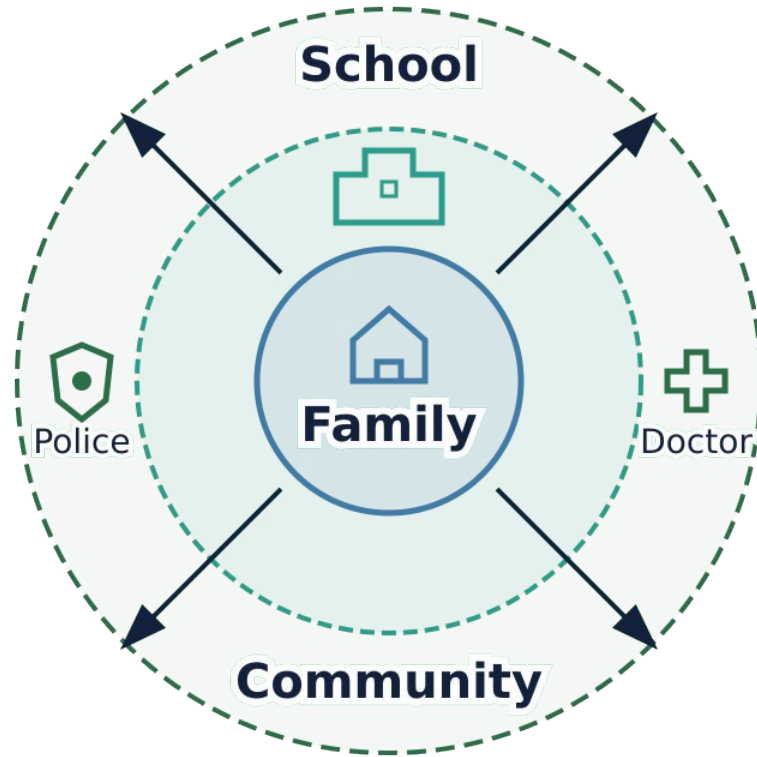
A group of people who help you.



## Safeguarding

Keeping you safe from harm.

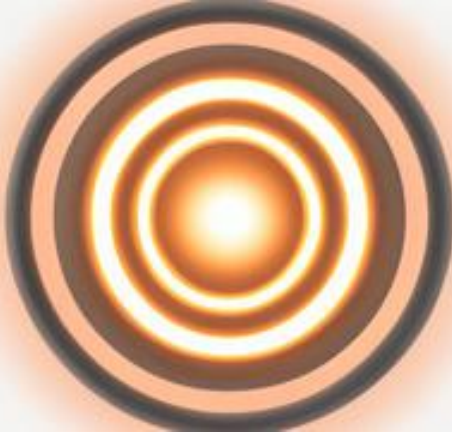
# The Circle of Support



# How the Circle Works

## Closest to You

**Family and Home:** people you live with or see most often.



## Wider Community

Doctors, police, and neighbours help in your town or city.

# Try: Safe or Unsafe?



## Safe Stranger Actions

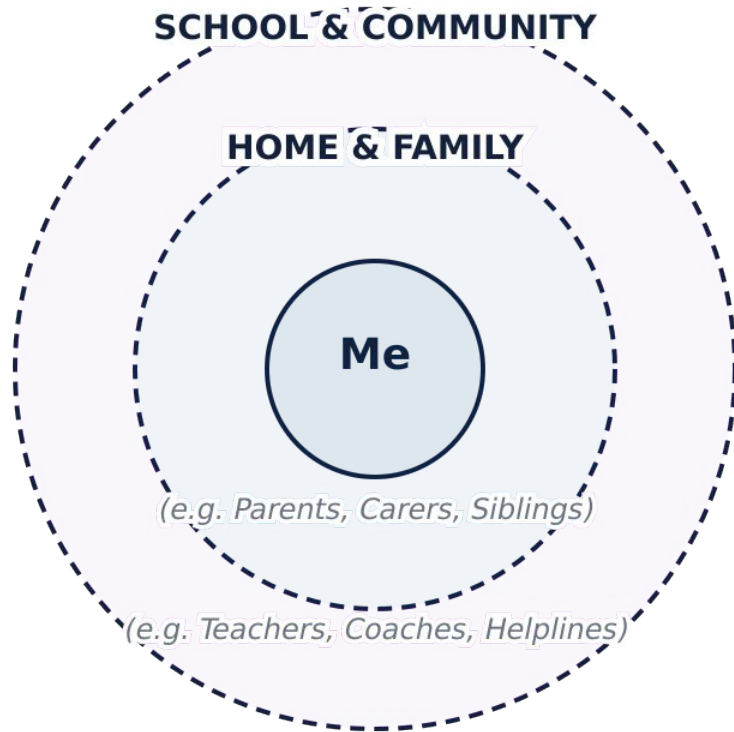
- A police officer in uniform.
- A doctor at a hospital.
- A shop worker at the till.



## Unsafe Stranger Actions

- Asking for your name.
- Asking you to keep a secret.
- Offering you a ride in a car.

# Independent Task: Map Your People



**Do: Draw your Circle of Support.**

**Why: Know exactly who to go to for help.**

**Time: 15 Minutes**

**Support: Use sentence frames like 'I can talk to [Name] at school.'**

**Stretch: Rank people by how fast they can help.**

# Check: Who do you ask?

Answers on the next  
slide...

You are at school and feel sad. Who is the best person to ask first?

**1.** A stranger at the bus stop

**2.** A teacher you trust

**3.** Someone on the internet

**4.** Nobody, keep it inside

# Check: Who do you ask?



You are at school and feel sad. Who is the best person to ask first?

1. A stranger at the bus stop

2. **A teacher you trust**

3. Someone on the internet

4. Nobody, keep it inside

# Discuss!



## **Review: Why ask for help?**

Why is it brave to ask a safe adult for help?

# Discuss!



**You might have said...**

It shows you know yourself.

It stops problems getting bigger.

Safe adults like to help you.

# Exit Ticket



**What I learned:** Write one name of a safe adult in your circle.

**What I will try:** I will talk to this adult when...

# Evidence for Earwig

## Photo

Take a picture of the **Circle of Support** map.

## Pupil Quote

'I know who to ask for help now.'

## Impact

**PfA:** Community and Relationships. **Golden Thread:** Knowledge.





# Kind Invitations

How to invite others to join in

# Discuss!



## Debate Time

Is it better to play alone or in a group? What do you think?

# Discuss!



**You might have said...**

Playing alone is peaceful.

Playing in a group is fun.

Both can be good choices.

# Key Words



## Invitation

Asking someone to join you or go somewhere.



## Inclusion

Making sure everyone feels part of the group.



## Respect

Being kind and listening to what others say.



## Social cues

Small signs that show how someone feels, like a smile.

# The Invite and Wait Rule



## **Step 1: Invite**

Ask a clear question. Use the person's name.

## **Step 2: Wait**

Stop and look at them. Give them time to think.

# How to Invite Someone

## Be Clear

Say exactly what you are doing. Use 'Please'.



## Use Magic Words

Say 'Please' when you ask. Say 'Thank you' for the answer.



## Check Interest

Ask a 'builder' question like 'Would you like to join?'



# Model Answer

## Example

\*\*'Hi Sam, please do you want to play Uno with us at break?'

## Why this works

- Uses the name 'Sam'.
- Uses the word 'Please'.
- Says exactly what the game is.



# SLC Drill: Ask a Peer



Turn to the person next to you.  
Ask them to join a game of **Uno** or  
**Football**.  
Remember to say **Please** and **Thank**  
**you**.

# Handling 'No'



## **It is okay to hear 'No'.**

They might be busy, tired, or just want to be alone.

## **Your Job**

Stay kind. Say 'Okay, maybe next time.'

Do not get angry.

# Polite Responses

**If they say 'Yes':**

**'Great! Let's go. Thanks!'**



**If they say 'No':**

**'No problem, see you later.'**

**'Thanks.'**

# Best Choice

Answers on the next  
slide...

You ask a friend to join your game. They say 'No, thank you.' What do you say?

**1.** You are mean!

**2.** Okay, maybe next time.

**3.** You have to play!

**4.** Why not?

# Best Choice



You ask a friend to join your game. They say 'No, thank you.' What do you say?

1. You are mean!

2. **Okay, maybe next time.**

3. You have to play!

4. Why not?



# Get creative

## Write an Invitation Message

Write a short message to a friend.

Invite them to a **Winter Event**.

It could be ice skating, a movie, or a hot chocolate.

What you'll need:  

Worksheet, Pen or Pencil



# Fill in the blanks

To invite someone kindly, I should use the word \_\_\_\_\_ and wait for their answer.

Word bank 

please, now, hurry, fast

Answers on the next slide...

# Fill in the blanks



To invite someone kindly, I should use the word **please** and wait for their answer.

Word bank 

please, now, hurry, fast



# Compliments that Land

Giving Genuine Praise

# Key Words



## Compliment

Saying something nice about someone.



## Character

The kind of person you are inside.



## Genuine

Real and true.  
Not fake.



## Trait

A special quality you have.

# Discuss!



## **Do Now**

Agree or Disagree: 'Compliments make everyone feel better.'

# Discuss!



**You might have said...**

It is nice to hear good things.

But sometimes compliments can feel fake.

It depends on what is said.

# Empty vs Genuine



Which praise feels better?

# The Difference

## Empty Praise

**You look cool.**

**Nice shoes.**

**I like your hair.**

*These are about looks. They do not say much about you.*

## Genuine Praise

**You worked hard.**

**You are very kind.**

**You are a good friend.**

*These are about effort and character. They land better.*

# Match the words with the definitions

1.

**Hard-working**

**a)** Tries their best in lessons

2.

**Funny**

**b)** Helps others when they are sad

3.

**Kind**

**c)** Makes the class laugh

# Match the words with the definitions



1.

**Hard-working**

**a)** Tries their best in lessons

2.

**Funny**

**c)** Makes the class laugh

3.

**Kind**

**b)** Helps others when they are sad

# How to Give Praise



## Use a Stem

Start your sentence like this:

**'I like how you...'**

**'You are good at...'**

## Add a Trait

Then say the quality.

**'...helped me today.'**

**'...stayed calm.'**

# Fill in the blanks

I like how you are so \_\_\_\_\_ with the new student.

Word bank 

kind, tall, loud, fast

Answers on the next slide...

# Fill in the blanks



I like how you are so **kind** with the new student.

Word bank 

kind, tall, loud, fast

# Get creative

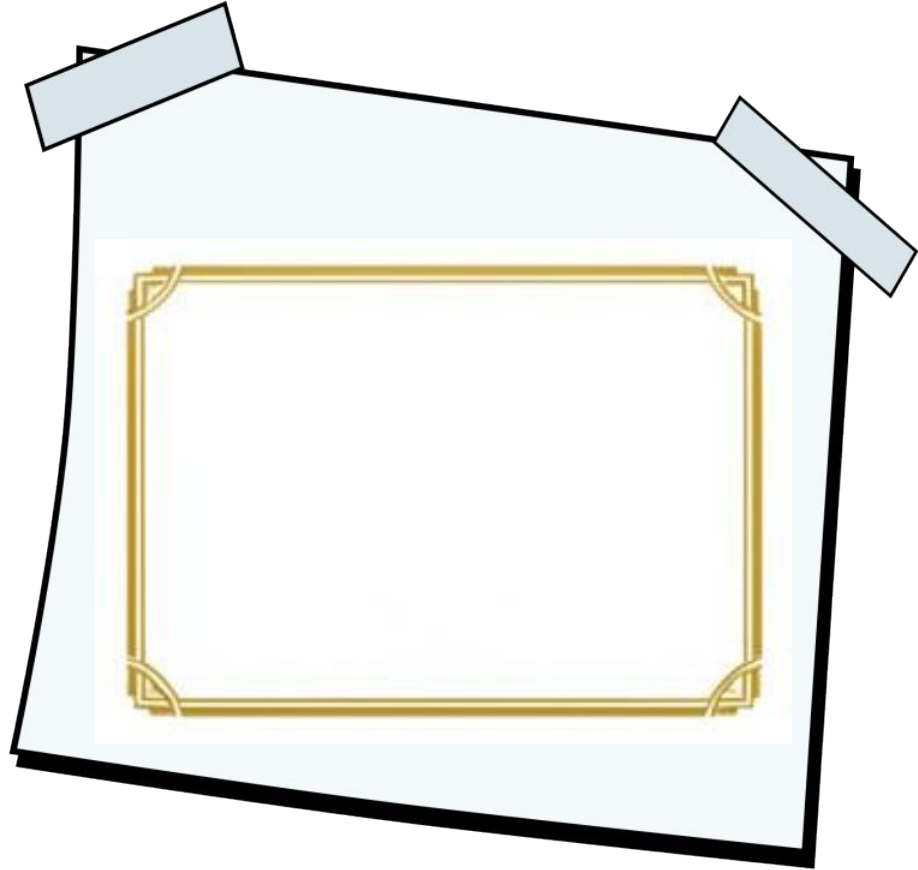


## Eagles Class Recognition Award:

1. **Student:** [Name]
2. **Trait:** [Helpful/Patient/Creative]
3. **Praise:** "I like how you are [trait]." or "You are good at being [trait]."

What you'll need: 🎨 🖋️

Paper, Coloured Pencils, Pens



# True or False

The best compliments are about looks and clothes.



**TRUE**



**FALSE**

Answers on the next slide...

# True or False



The best compliments are about looks and clothes.



**FALSE**

The best compliments are about effort and character. They show you really know the person.

# Review: Share Your Work

## Show Your Award

Turn to your partner.

Read out your praise line.

Say thank you if you get one.

## One Fix

Make sure the praise is about **who they are**, not what they look like.



# Exit Ticket



Answer these two questions:

1. **What I learned:** One way to give a genuine compliment.
2. **What I will try:** I will give a compliment to \_\_\_\_\_.



# **I Statements**

Expressing Feelings and Needs

# Discuss!



**Is it okay to be angry?**

Do you agree or disagree? 'It is okay to feel angry at school.' Why?

# Discuss!



**You might have said...**

Yes, feelings are natural.

It is what we do with anger that matters.

We can feel angry but stay calm.

# Key Words



## **Communication**

Sharing your thoughts with others.



## **Blame**

Saying it is someone else's fault.



## **Assertion**

Speaking up for yourself clearly.



## **Resolution**

Fixing a problem together.

# You Statements vs I Statements

## **'You' Statements (Blame)**

These start with 'You'.

They sound like an attack.

They can start a fight.

Example:

'You are so loud!'

## **'I' Statements (Clear)**

These start with 'I'.

They share how you feel.

They ask for help.

Example:

'I find it hard to focus.'

# The I Statement Formula

Use this sentence to get what you need:

**'I feel... when...'**

Then add:

**'I need...'**

This tells the truth. It does not blame.





# Model: In the Classroom

**Scenario:** It is too noisy to work.

**You Statement:**

'Stop shouting! You are annoying!'

**I Statement:**

'I feel **frustrated** when it is **loud**. I need **five minutes of quiet**.'

# Model: In a Group

**Scenario:** A friend interrupts you.

**You Statement:**

'You never let me speak!'

**I Statement:**

'I feel **sad** when I am **cut off**. I need to **finish my idea**.'



# Pick the Best Option

Answers on the next  
slide...

Which is a helpful 'I' statement?

**1.** You always make me mad.

**2.** I feel happy when we work together.

**3.** I feel worried when you are late. I need a call.

**4.** I need you to be quiet now.

# Pick the Best Option



Which is a helpful 'I' statement?

1. You always make me mad.
2. I feel happy when we work together.
3. **I feel worried when you are late. I need a call.**
4. I need you to be quiet now.

# Fill in the blanks

I feel \_\_\_\_\_ when I am interrupted. I need to \_\_\_\_\_ speaking.

Word bank 

annoyed, finish, happy, stop

Answers on the next slide...

# Fill in the blanks



I feel **annoyed** when I am interrupted. I need to **finish** speaking.

Word bank 

**annoyed, finish, happy, stop**

# Your Desk Prompt



Make a card for your desk. Write three 'I' statements you can use in class.

## **Think about:**

- Noise levels
- Group work
- Asking for help

## **Example:**

'I feel stuck when I don't understand. I need some extra time.'

# True or False and why?

'I' statements are just for when you are sad.



**TRUE**



**FALSE**

Now it's time to explain why...

# True or False and why?

'I' statements are just for when you are sad.



## Why is that?

- a) True. You should only use them when you are crying.
- b) False. You can use them for any feeling, like anger or worry.

Answers on the next slide...


# True or False and why?



'I' statements are just for when you are sad.



## Why is that?

- a) True. You should only use them when you are crying.
- b) False. You can use them for any feeling, like anger or worry. 

# Exit Ticket



**1. What I learned today:**

'An 'I' statement helps me...'

**2. What I will try next time:**

'Next time I am upset, I will...'



# Endings and Hopes

Looking Forward

# True or False

Looking back is as important as looking forward.



**TRUE**



**FALSE**

Answers on the next slide...

# True or False



Looking back is as important as looking forward.



**TRUE**

We look back to learn. We look forward to plan.

# Key Words



## Reflection

Thinking back about what you did.



## Goal

Something you want to do or get.



## Achievement

Something good you did well.

# What is a Learning Journey?



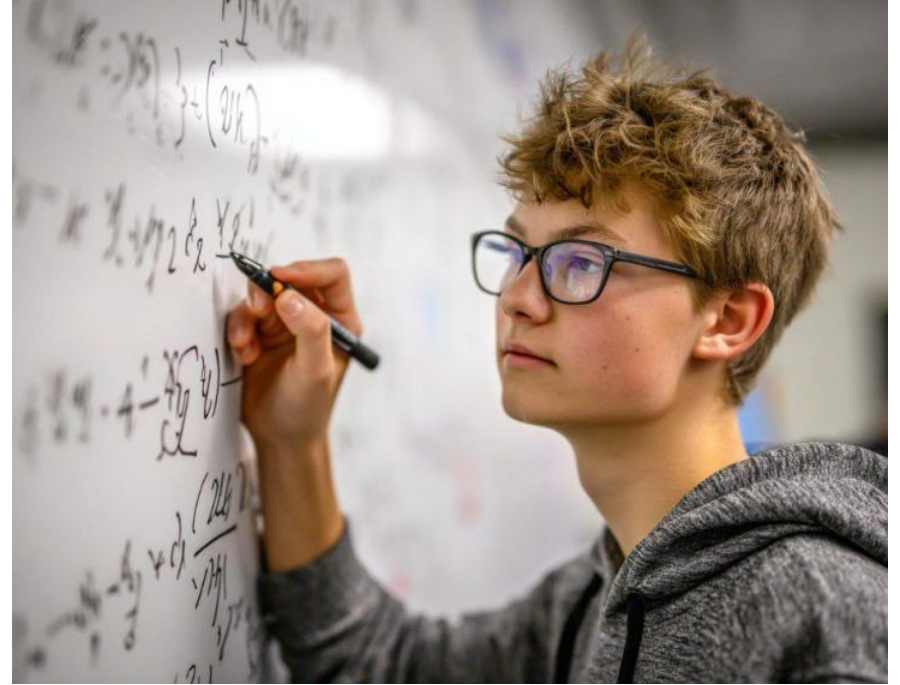
## **A Path**

Your school year is a path. You walk it step by step.

## **Looking Back**

We look back to see how far we have come. We find the good things. We find our wins.

# Picking a Win



Which work are you proud of?

# My Win

## My Success

I am proud of my story writing. I used full sentences.

## Why It Matters

Seeing your win helps you feel confident for the next step.



# Match the words with the definitions

1.

**Reading**

a) Being a nurse or support worker

2.

**Helping**

b) Making games or websites

3.

**Coding**

c) Working in a shop or office

# Match the words with the definitions



1.

**Reading**

c) Working in a shop or office

2.

**Helping**

a) Being a nurse or support worker

3.

**Coding**

b) Making games or websites

# Setting a Hope



## **A Hope is a Goal**

A hope is a dream with a plan.

## **Be Realistic**

Make sure it is something you can do. Small steps are best.

# How to Plan



## Pick a Goal

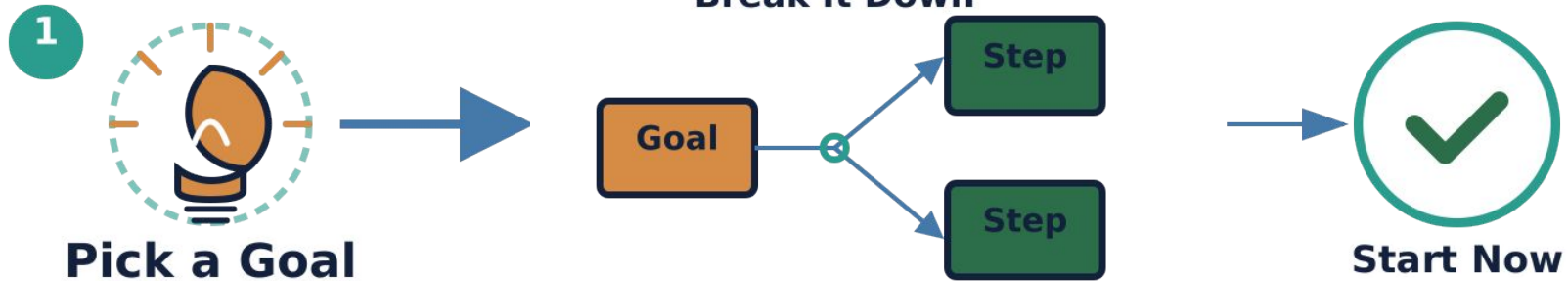
Choose one thing you want to do next term.

## Break It Down

Make it into two small steps.

## Start Now

Do the first step today.



# Independent Task



## Winter Reflection Sheet

1. **Photo Box:** Draw or paste a picture of work you are proud of.
2. **My Win:** Write one sentence about why you are proud.
3. **My Hope:** Write one goal for next term.
4. **Steps:** Write two small steps to reach your goal.

# Discuss!



## Review

Share your win with a partner. Tell them one step you will take.

# Discuss!



**You might have said...**

I am proud of...

My first step is...

# Exit Ticket

## What I Learned

I learned that looking back helps me move forward.

## What I Will Try

I will plan one small step for my goal.

