



10-11 YEARS | WEEK 06

Values Life Skills-Feelings & Emotions

1. Design your moods

11. The power of I-messages

2. Crossword- Emotions

12. 2-minute talk

3. How did I feel today?

13. Write up

4. Mood meter graph

14. The art of accepting differences

5. Unscramble- Emotions

15. Crossword- Anger

6. Identify your feelings

16. 1-minute talk

7. Sharing

17. Cootie catcher

8. The art of expressing emotions

18. Role play

9. My emotions dictionary

19. Write-up

10. Glossary

20. Odd one out- caring and sharing

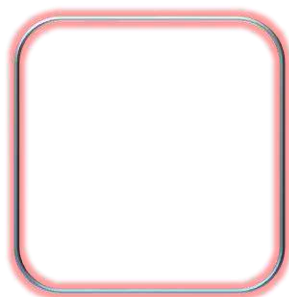
Design your moods



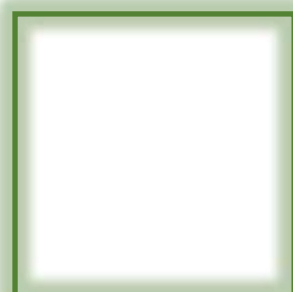
Design your emojis with different moods. One has been completed for you.



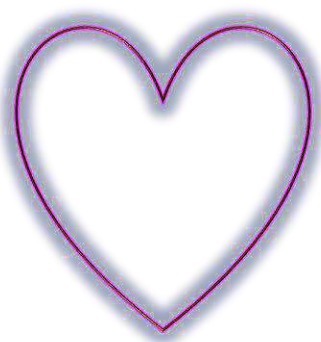
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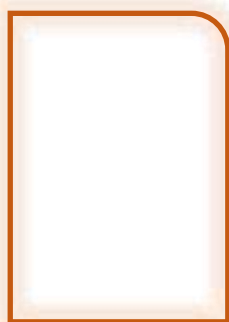
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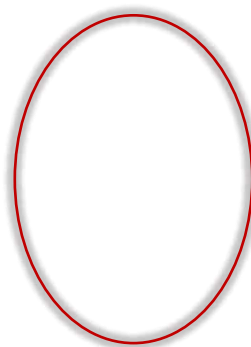
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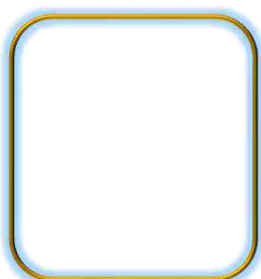
shy



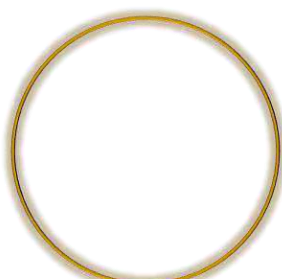
thinking



hurt



adrift



kind

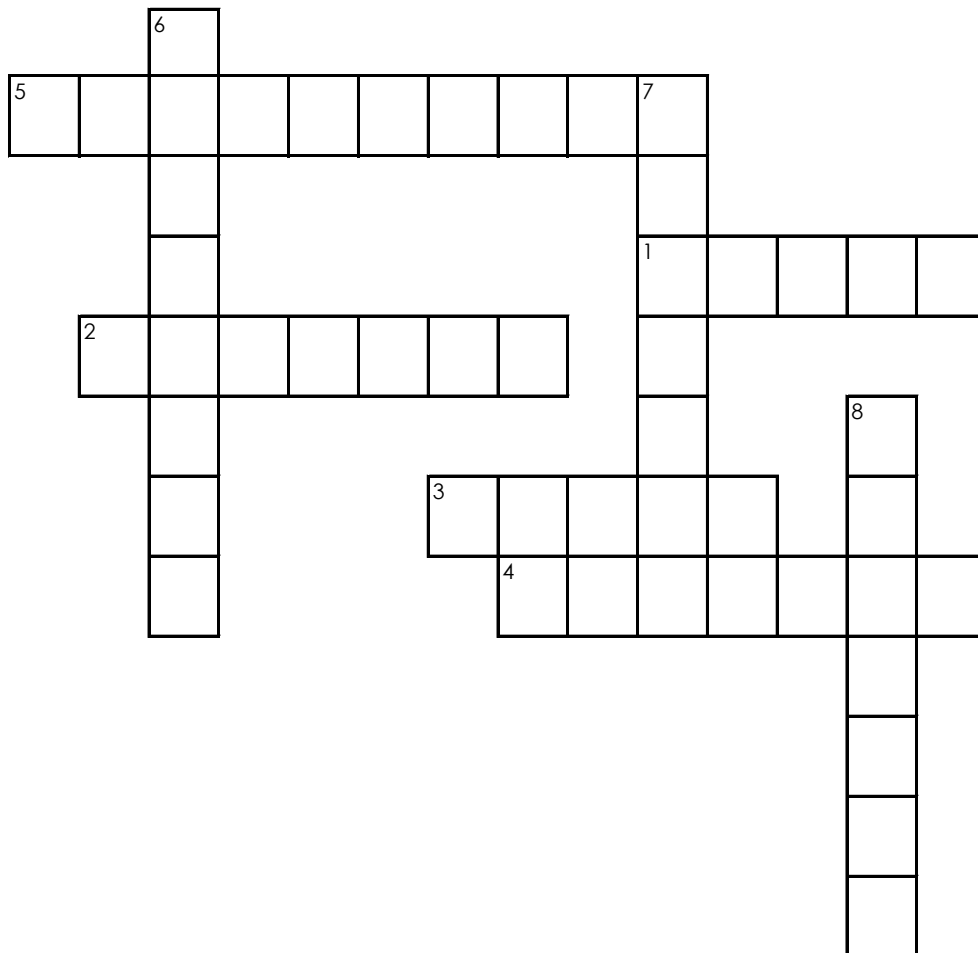


irritated

Crossword



Classroom is a learning space where we educate ourselves and learn about our classmates, their behaviours and many things. It teaches us about our emotions. Let's find the emotions related to our classroom life with given clues and fill the blocks in the given number and direction.



Across

- 1 What do we have in a classroom which everyone has to follow.
- 2 What is a leader of the class called?
- 3 You score the highest marks in the class.
- 4 What is it called when someone in class does not listen to the teacher.
- 5 What is the naughtiest child called in the class?

Down

- 6 A friend scored better marks than you.
- 7 Your feeling before a test.
- 8 Your feeling when the teacher has postponed the test today.

How did I feel today?



Use the list of words to describe how you felt today. You can use as many words as you like.

anxious

calm

worried

still

impatient

gentle

eager

peaceful

fearful

untroubled

disturbed

pacific

afraid

harmonious

curious

other feelings

peculiar

horrified

weird

apologetic

strange

joyful

odd

thoughtful

funny

blissful

mysterious

tired

	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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