

This video series from TREE focuses on well-being for children. We try to raise children's awareness of their own physical and mental well-being and empower them to do things which positively influence their well-being.

MAIN IDEAS

1 Pay attention to how you're feeling.

2 Other people feel stressed too - you're not alone.

3 Try to improve your mood by doing something relaxing.

Sometimes my brain gets all messy and busy...

Would you rather count the petals on a flower or watch a caterpillar?

Which slo-mo activity do you like best?

ACTIVITIES

Matching

Learners match the words to the emoticons.

Reflection

Learners consider how they feel in certain situations.

Design

Learners design two more emoticons for two more feelings.

ACTIVITY AIM:

- To check understanding of vocab related to feelings.

ACTIVITY AIM:

- To help children understand positive and negative emotions.

ACTIVITY AIM:

- To encourage children to show how they feel.