



DINOFEELINGS

LET'S TALK ABOUT FEELINGS!

What are feelings?

Can you list five
feelings?

How do you feel
today?

How would you like
to feel tomorrow?

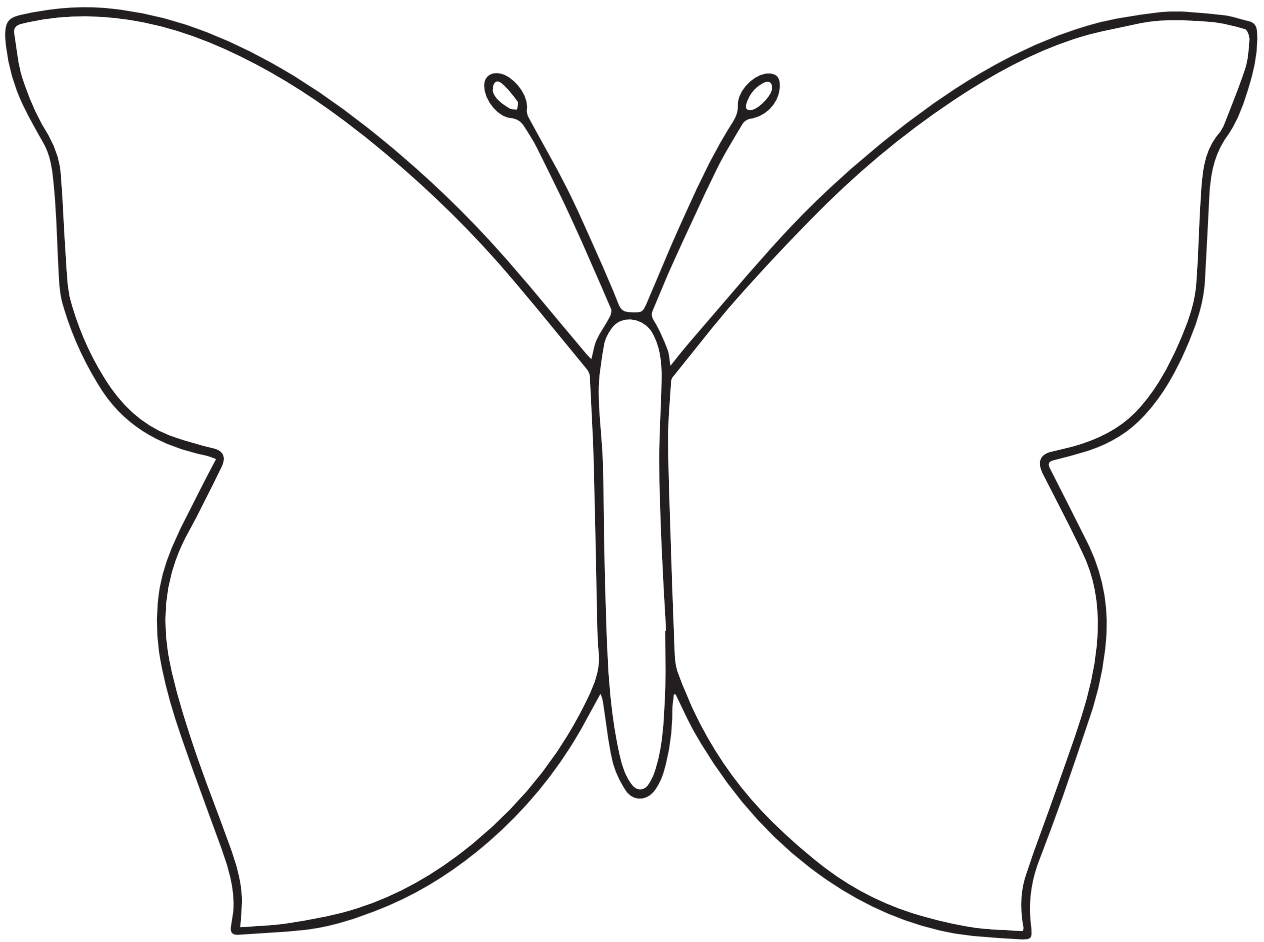
Activity based on the DinoFeelings series by Rachel Bright and Chris Chatterton

THE WORRYSAURUS

MY WORRY BUTTERFLY

Write down the things that might make you feel worried on the butterfly below.

You may want to decorate and colour in the butterfly with whatever colours you think represent these feelings.

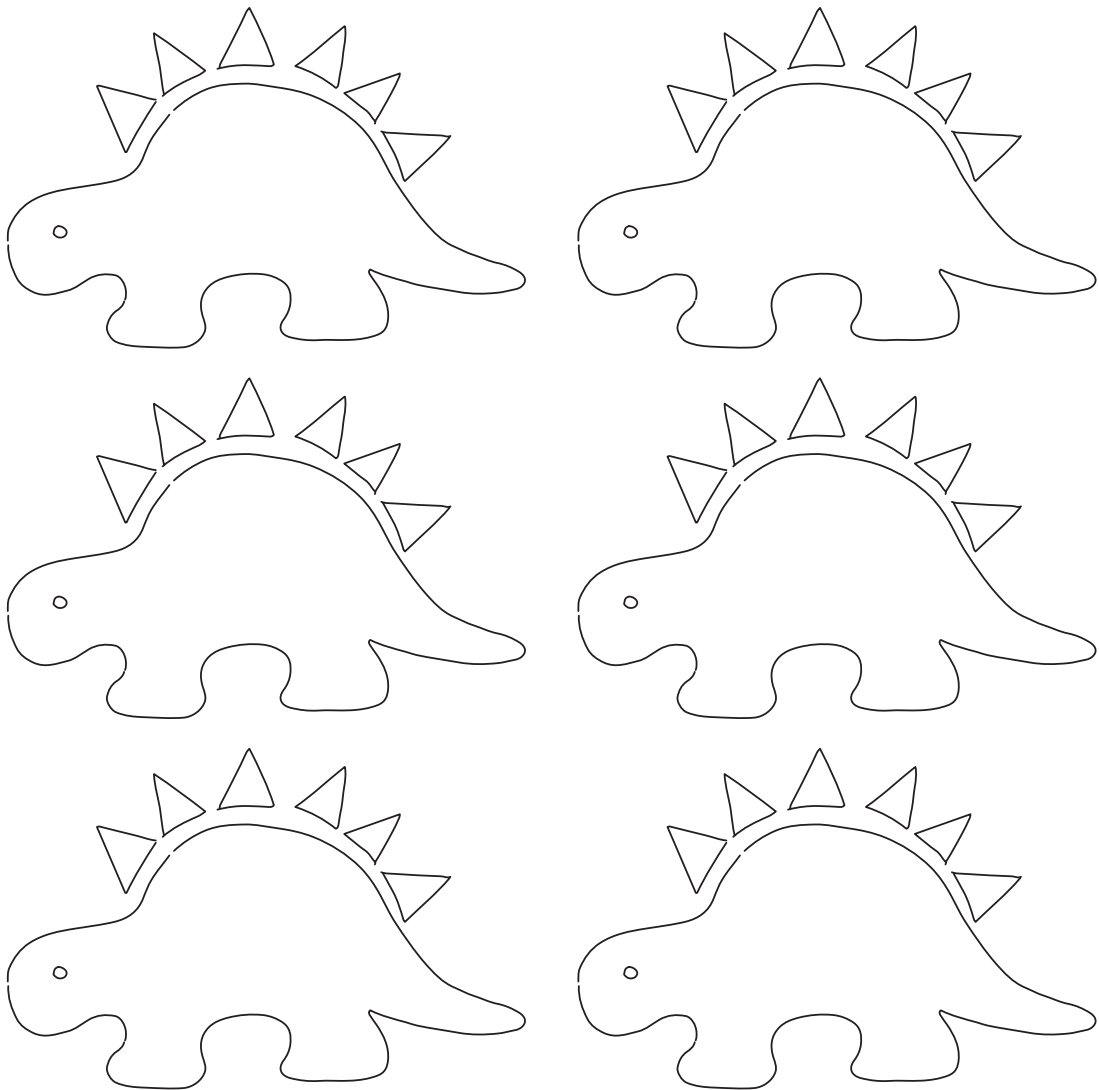


THE HUGASAURUS

KINDNESS DINOS

Make a list of ways you can be kind on a daily basis. On the six empty dinosaur templates below, write down a kind thing you can do or say to someone.

Example: give someone a hug or tell someone they look wonderful!



These are your KINDNESS DINOS! Share them with each other. How does being kind to someone make you feel? Which are your favourites?


THE HUGASAURUS KINDNESS BINGO

Write your favourite acts of kindness in each square.

Can you complete all of them in one week? Draw a star or big tick in each box when you've completed it. Once you've done them all, shout BINGO!

E.G. GIVE SOMEONE
A HUG!



THE STOMPYSAURUS FEELINGS VOLCANOS

Choose six different feelings and write them inside the base of your Feelings Volcanos (e.g. happiness, anger, anxiety, sadness, confusion, excitement).

Then, in the cloud above the volcano, write how that feeling makes you behave. Which feelings would make you feel like you might EXPLODE, just like the Stompysaurus?

