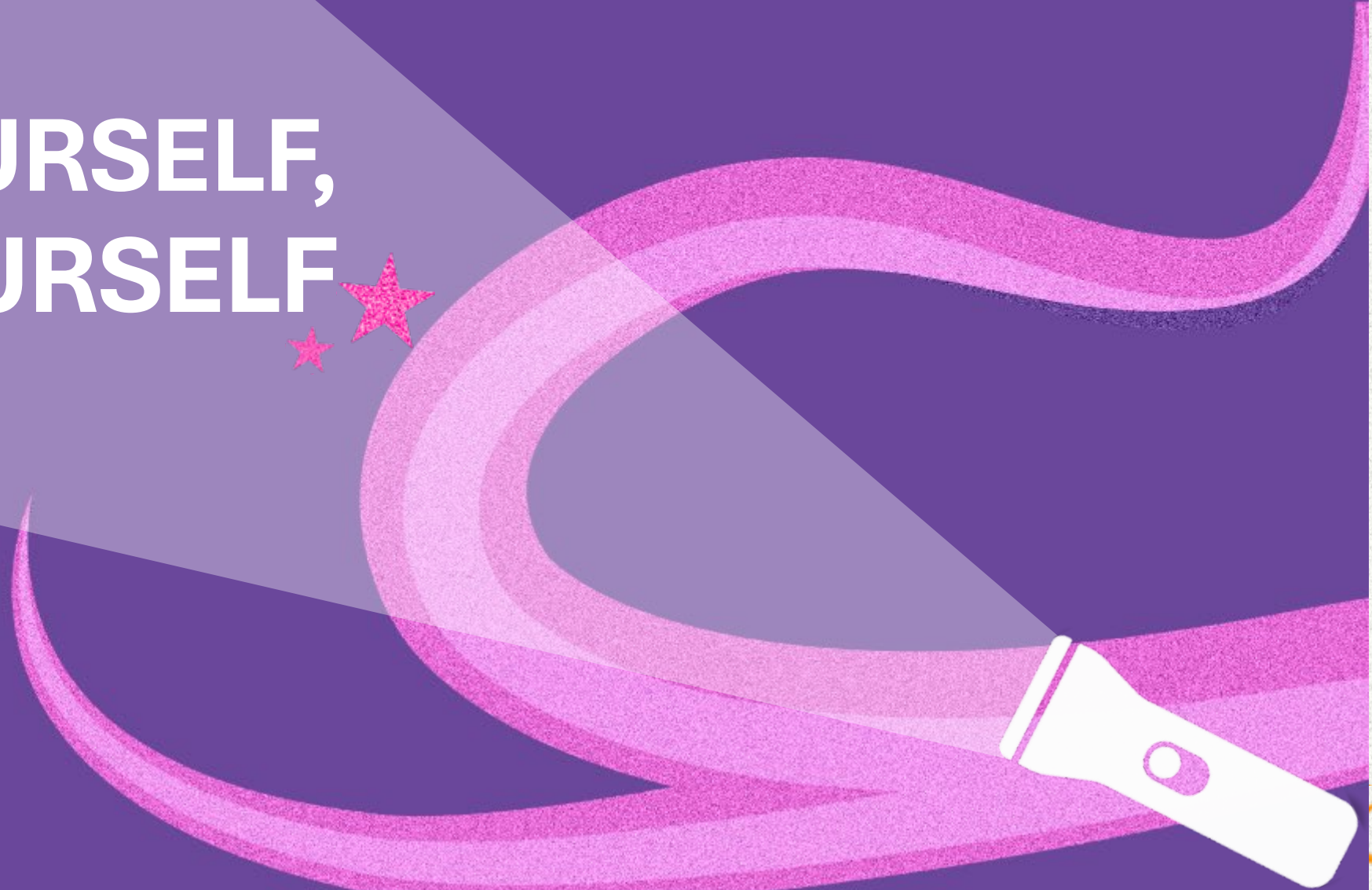




Connect-Ed

 KNOW YOURSELF,  
GROW YOURSELF 



# KS1 Creative Activities/strategies



# I feel poem

Write a feelings poem  
thinking about the things  
below:

I feel \_\_\_\_\_

I think \_\_\_\_\_

I understand \_\_\_\_\_

I need \_\_\_\_\_

I hope \_\_\_\_\_

I dream \_\_\_\_\_





# Voice your feelings

Choose a colour or colours to show how you feel today. Colour in the template. When you've finished share your feelings with the person next to you or with the class.





# The enchanted mirror

- when you look into it, the mirror shows your special qualities (e.g. being kind..). You can write or draw these.

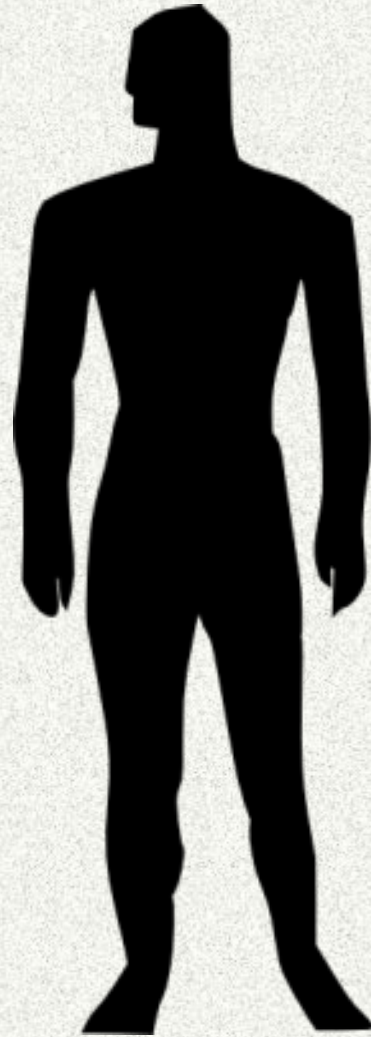


# Pieces of me

We are all made up of different parts.

In an outline of a body shape, children can add different parts/aspects of themselves - e.g football loving, animal loving, creative, etc..., use different colours and sizes.

What makes you, you?



# Emotions Board Game

Roll the die and move your game piece that number of squares. Read the emotion written in the square and say a time when you have felt this emotion e.g. I feel happy when I am riding my bike. The game can be for 2-4 players. The first player to get to the end wins!



[t-t-253148-emotions-board-game-\\_ver\\_10.pdf](#)





# Worksheet:

I feel sad when....

I feel happy when...

I feel angry when...

I feel loved when...

I feel excited when...

I feel embarrassed when...

I feel afraid/anxious when...

Etc.

Share with class/person next to you.

# Positive feedback from family/friends

List 1-3 positive things that your family or closest friends would say about you....



# Self-reflection journal

*Self Reflection Journal*

Author: \_\_\_\_\_

Something I am proud of...

One thing I would like to work on...

One big goal I look for myself to...

I am really good at...

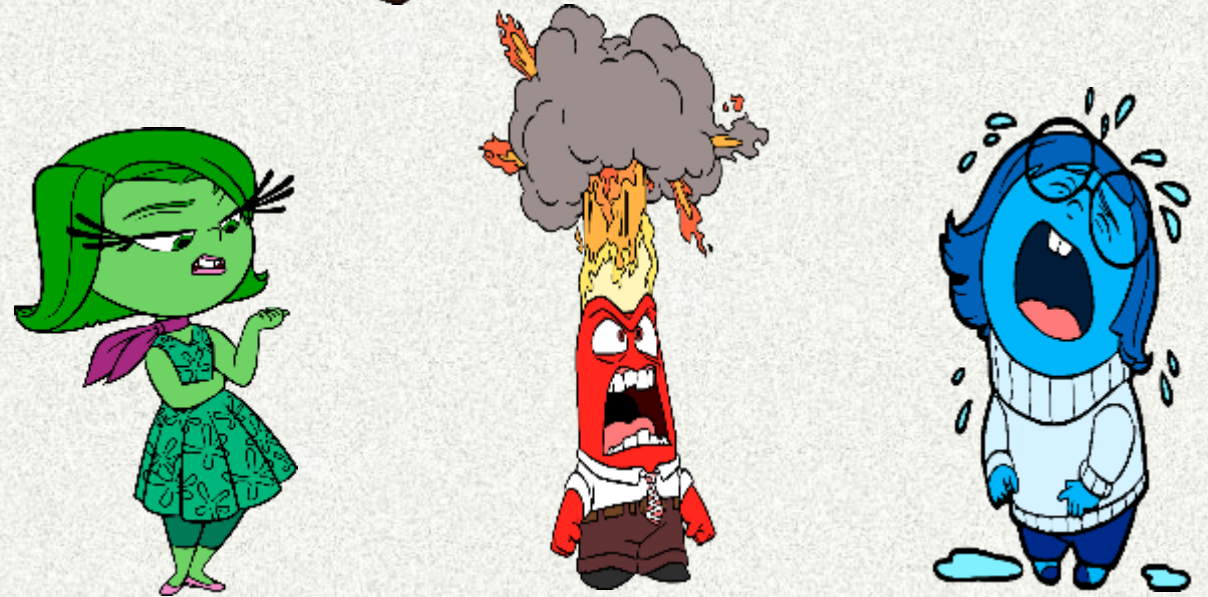
Right now I feel...

I am happiest when...



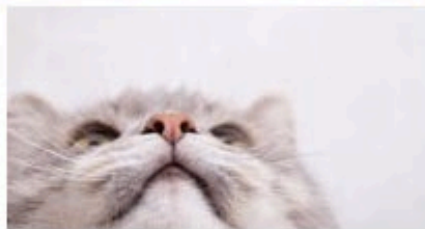
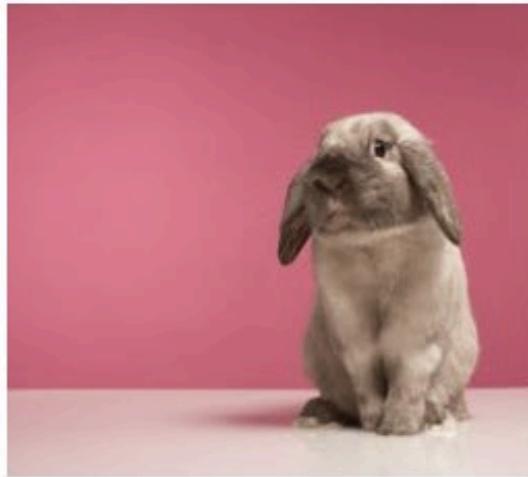
# Know your feelings, know yourself

- Which of these feelings do you like to have and why?
- Which of them do you not like to have and why?
- Write down one thing you wish other people knew about how you are feeling.



# Know your feelings, know yourself

How do you feel today? Which animal are you?



# Know your feelings, know yourself

How do you feel today?  
Which colour are you?



# KS2 Activities



# Pieces of me

What are the different aspects of you?  
Different feelings, skills, strengths and weaknesses.

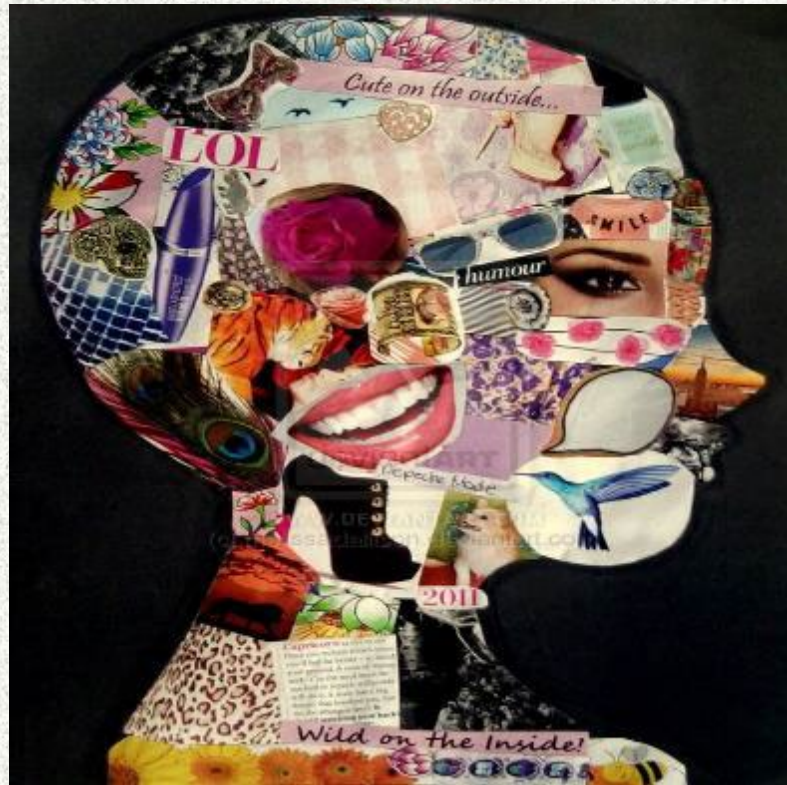
We are made up of contradictory aspects.





# Collage

Who am I?



# Know your feelings, know yourself

- Which of these feelings do you like to have and why?
- Which of them do you not like to have and why?
- Write down one thing you wish other people knew about how you are feeling.

