Pre-Primary In Term 3

In Religion and ‘You Can Do It’ we have been talking about our feelings.

We have been looking at how we can build our own resilience and being able to bounce back when things happen to us that we don’t like. We have also been learning about our emotions focussing on happy, sad, worried and angry. We are learning ways to control our emotions and what we can do to stay calm. We can:

- Count to ten
- Go for a walk
- Talk to a friend or adult
- Find something else fun to do
- Write or draw a picture about it

We thank God for our feelings. We read a story about our feelings called ‘In My Heart’ by Jo Witek.

My heart can feel so many feelings, and yours can too! Today my heart is proud. How does yours feel?

Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.
When it’s time for a bit of fun, my heart feels full of giggles and wiggles. Abracadabra! I hop around like a bouncy bunny. This is when my heart is silly.

Some days my heart feels as heavy as an elephant. There’s a dark cloud over my head, and tears fall like rain. This is when my heart is sad.