

Curriculum Area	PSHE, English	Activity Type	Practical
Suitable for	KS 2, 3 & 4	Activity Number	BB06
Activity Name	Emotions		

Activity courtesy of Dr Eric H. Chudler - University of Washington, USA

Learning Outcome:

To understand that our brain is responsible for how we feel and the emotions we have.

Materials Required:

- Magazines with pictures of people
- Scissors
- Glue
- Paper or poster board

Instructions:

How many emotions do you have? Happy, sad, mad, surprised? Make an "Emotion Collage" by cutting out magazine pictures of people expressing different emotions. Glue the pictures on a piece of paper or make a poster to show the different emotions. You could make separate papers or posters of different emotions.

Additional discussion:

Refer to Resource Information pack:

1. Which part of the brain is responsible for our emotions?
2. What do you think would happen if we damaged this part of our brain?
3. How would we behave?
4. If someone you knew damaged this part of their brain, how could this affect your friendship?
5. What could you do to help your friend?