

KEY STAGE 2 LESSON OR ASSEMBLY

BY THE MARTIN ROBERTS FOUNDATION



LET'S TALK!

TODAY WE
ARE GOING
TO TALK
ABOUT



- * Feelings & Emotions
- * The reasons why we cry
- * Keeping Feelings inside
- * Why it's Good to Talk
- * What to do if you feel sad

WHY MIGHT SOMEONE CRY?



PEOPLE CRY FOR DIFFERENT REASONS



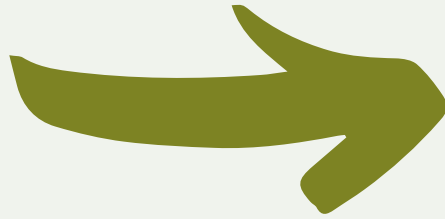
WHEN WAS THE LAST TIME YOU SAW SOMEONE CRY?



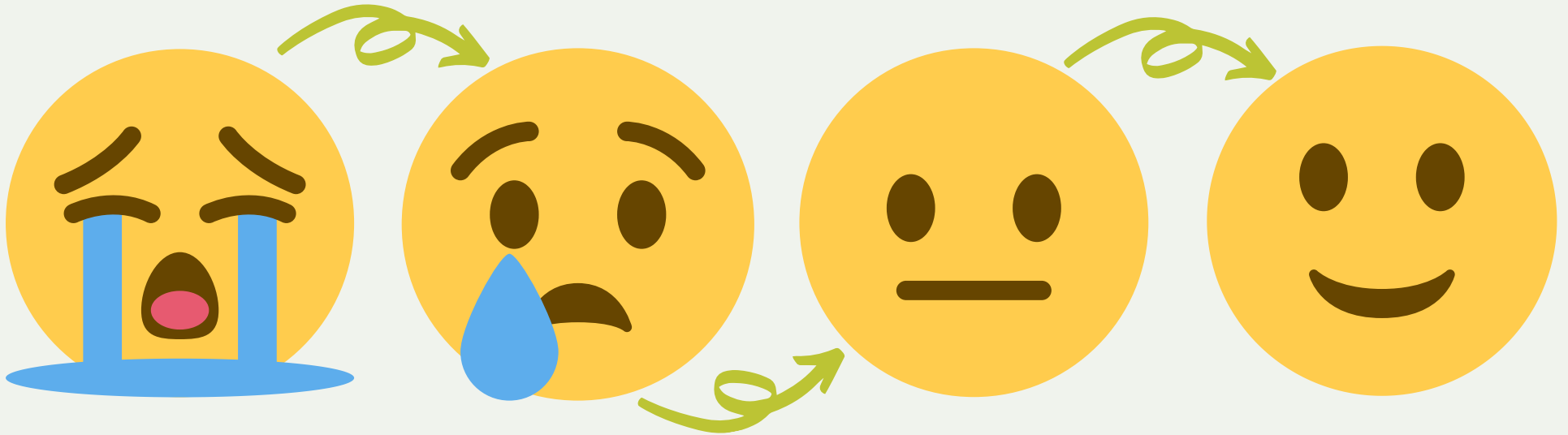
HOW DO YOU THINK THESE PEOPLE ARE FEELING?

CRYING IS OK

TEARS
LET OUT
DEEP
FEELINGS



AND CAN
HELP US
TO FEEL
BETTER



WHY MIGHT SOMEONE KEEP THEIR WORRIES INSIDE?

- Feel Silly
- Feel they don't matter
- Think they won't be listened to anyway
- Don't want to hurt other people's feelings
- Don't want to look weak or a sissy
- Don't want to draw attention to themselves

WHAT DO YOU THINK?

IS IT
GOOD TO
KEEP
WORRIES
INSIDE?



BAG OF WORRIES

STUFF I'M
WORRIED
ABOUT

THINGS I'M
SCARED OF

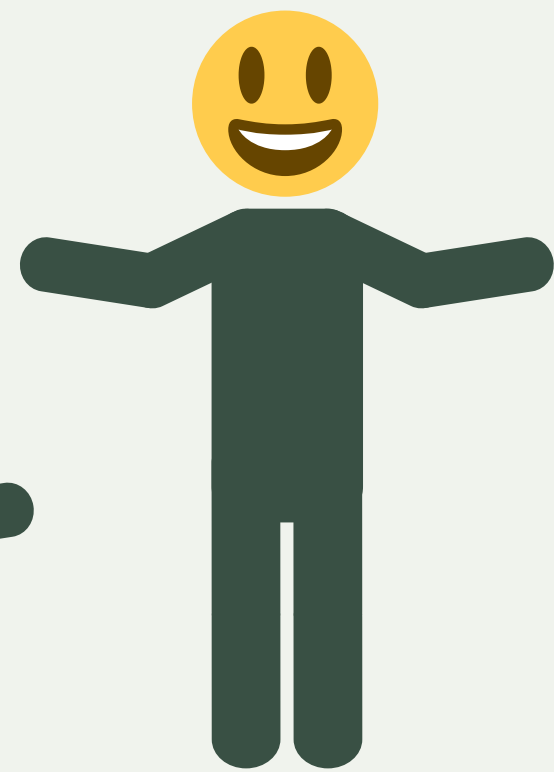
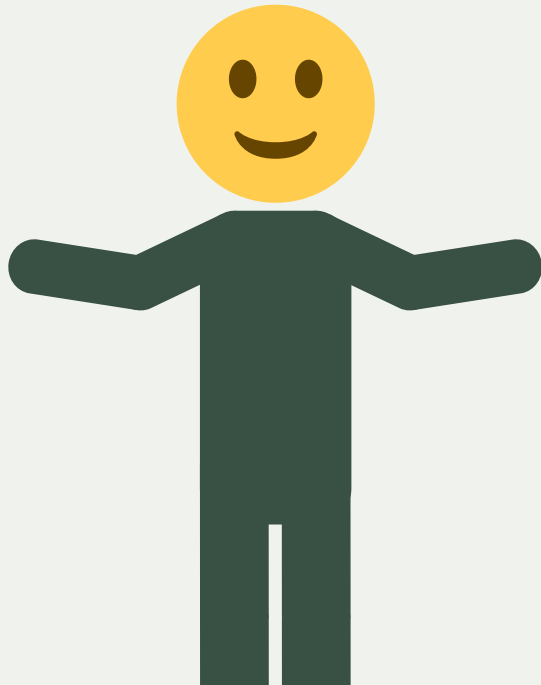
THINGS
THAT MAKE
ME FEEL SAD

WOW, IT'S
GETTING HEAVY!



BIG & SMALL FEELINGS

SMALL FEELINGS
COME AND GO...



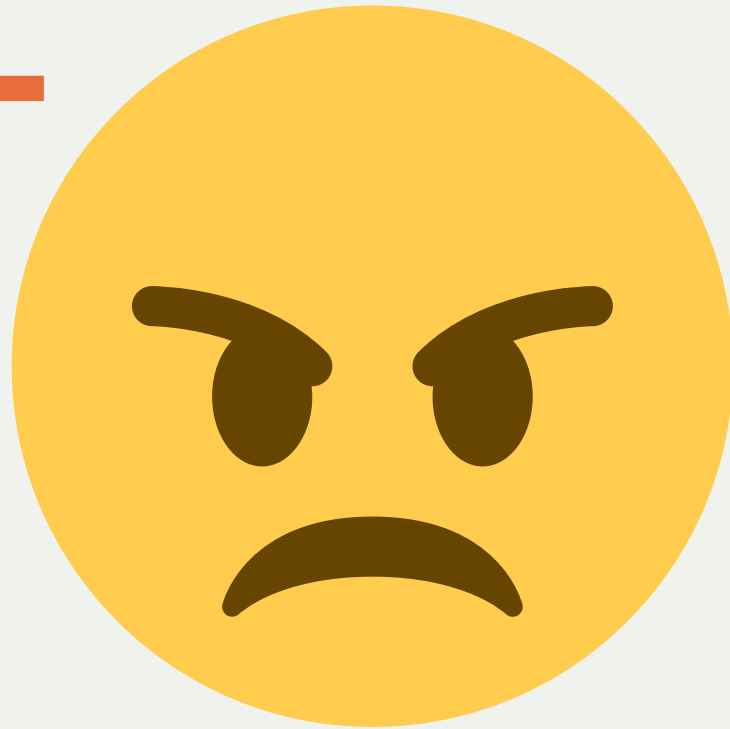
CAN YOU
THINK OF
SMALL
FEELINGS
YOU'VE HAD
TODAY?



BIG & SMALL FEELINGS

BIG FEELINGS
ARE THOSE WE
KEEP FEELING
EVERYDAY...

THEY CAN
AFFECT
HOW YOU
BEHAVE...



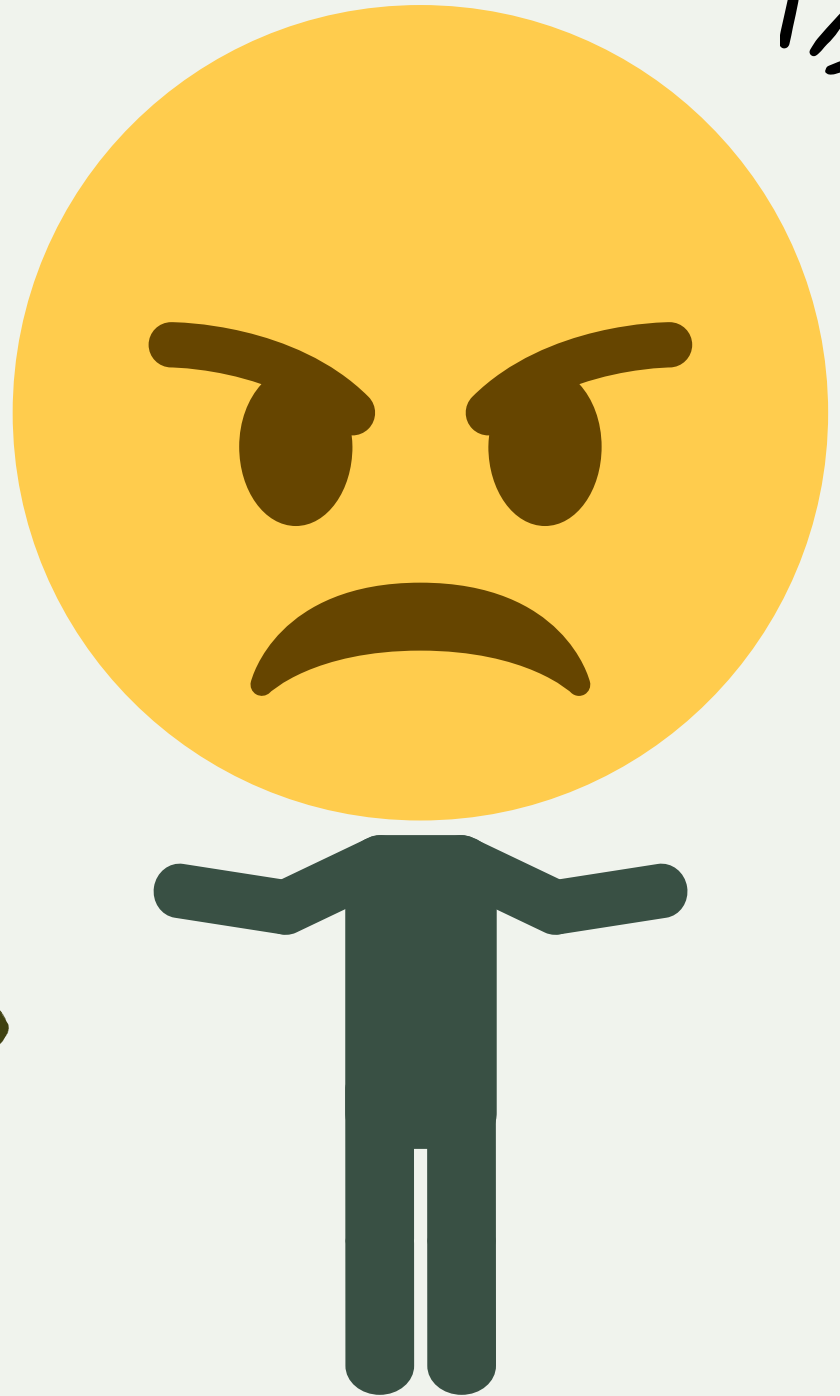
...AND HOW
YOU SEE
YOURSELF AND
THE WORLD
AROUND YOU

BIG FEELINGS CAN BE BAD

BIG FEELINGS
SHOULDN'T BE IGNORED



...IF YOU ARE
FEELING ANGRY,
SAD OR WORRIED
EVERYDAY IT'S
TIME TO TALK



'GOOD' SAD & 'BAD' SAD

...SOMETIMES IT'S OK TO BE SAD

NOT ALL FEELINGS OF SADNESS ARE THE SAME...



* A friend goes away



* Your team loses



* Your pet dies

...GOOD SAD ISN'T NICE BUT IT'S PART OF LIFE

'BAD' SAD

'BAD' SAD IS A
BIG FEELING...



...IT'S WHEN YOU FEEL
SAD, WORRIED,
SCARED OR ANXIOUS
ALL THE TIME



...THIS MAYBE BECAUSE OF
THINGS OTHER PEOPLE
ARE DOING TO YOU

REACHING OUT FOR HELP

IF YOU'RE FEELING
'BAD' SAD, YOU NEED
TO ASK FOR HELP...



WHO CAN
HELP YOU?



A TRUSTED ADULT

SOMEONE
YOU KNOW
AND LIKE



- * A Parent or Carer
- * A Teacher or Helper
- * A Grandparent
- * Another friend or family member over 18 years old
- * A Coach

SADSVILLE

NO ONE IN
SADSVILLE TALKS
ABOUT WHY THEY
ARE FEELING

SAD ALL
THE TIME



BEING A GOOD FRIEND

* BE PATIENT

* COMFORT THEM



11
* BE PREPARED TO LISTEN

* ENCOURAGE THEM TO TALK

* BE FRIENDLY

11
GOOD FRIENDS SHARE LAUGHTER; THEY SHOULD SHARE SADNESS TOO

* GIVE THEM A REASSURING HUG

IF YOU'RE FEELING SAD

* HELP YOURSELF



* TALK TO A TRUSTED ADULT



* TALK TO A FRIEND

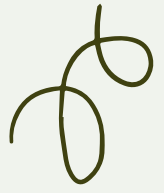


* REACH OUT FOR HELP

childline

A life-changing **NSPCC** service

IF FEELINGS
GET TOO BIG



childline

A life-changing **NSPCC** service

CALLS ARE
FREE

0800 1111



OR GO TO WHERE YOU
CAN SEND A EMAIL OR
HAVE A 1-2-1 CHAT.

WWW.CHILDLINE.ORG.UK

