

Feelings chart

Moving schools can bring up lots of different emotions. Use the chart to start a discussion about how the children are feeling.

Read the opening of *Curse of the Nomed*:

The echoes from three sets of footsteps raced at speed from different directions, shoes scrapping and skidding as they drummed down the empty maze of corridors. As the three corridors joined, so did the three sets of feet. Followed by three sets of eyes and the horror as they realised they were all too late.

Recognising each other's faces and names from brief introductions before, the three of them felt a slight wave of relief; at least they weren't alone. But none of them wanted to speak first, in case they were overheard. In a whisper barely more than a hiss Eleanora spoke first.

'What are we going to do? We are sooooo done for!' Tears built up as she tried not to give in to them.

'Best bet we hide out til this is all over. It's the only choice I reckon,' Jacob replied, eyes barely making contact with the other two as he ran his hands through his dark ruffled hair.

'I'm sure nobody will even notice. It's only assembly guys, not the end of the world!' sighed Stefan, wishing he was anywhere but there at that moment.

'But it's our induction assembly! And the letter from Inset Day clearly stated that we were not to be late. Under any circumstances. My Dad will be so angry if I get expelled on my first day.' Eleanora sniffled as she rummaged round in her pocket for a tissue.

- How is each of the characters feeling?
- What other feelings on the chart are the children feeling about starting school?
- What suggestions does the class have about coping with those feelings?

Make sure any ideas you come up with follow the Golden Rules for Choosing a Good Solution.

The Golden Rules for a Choosing a Good Solution!



It improves the situation or makes me feel better (or both)

When we cannot improve or change the situation, we can use coping strategies that help us feel better.



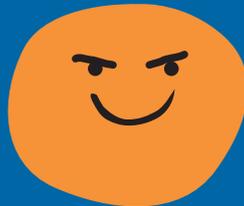
It doesn't hurt me or anyone else

Feelings chart

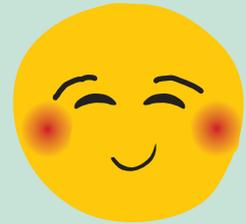
Use this chart to identify and talk about feelings you might have.



CALM



CONFIDENT



SHY



HAPPY



ANGRY



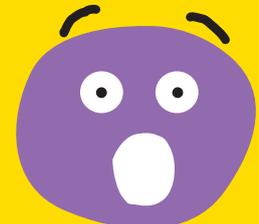
PANICKY



DISAPPOINTED



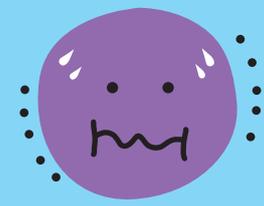
JEALOUS



SURPRISED



EXCITED



NERVOUS



SAD



LONELY



EMBARRASSED



BORED