

CAPTURING OUR EMOTIONS

In this unit pupils need to discuss their emotions and what makes them feel, happy, sad, angry, disgust and scared. Try to capture these emotions creatively. Any images taken can be sent into school and added to their OCR accreditation.

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Equipment: A device with a camera

Support: An adult to work as a partner for the learner

EXTRA: If you can access a copy of the movie Inside Out, watch together and discuss the emotions as they happen.



HAPPY/ JOY



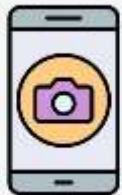
- WHAT MAKES YOU HAPPY?
- WHAT HAVE YOU DONE TO MAKE OTHERS HAPPY?
- HOW DO WE KNOW IF SOMEONE IS HAPPY?



Take a photo of each other expressing this emotion. If you have filters, which would be best to express this emotion best?

SAD/ SADNESS

- WHAT MAKES YOU SAD?
- WHAT HAVE YOU DONE TO MAKE OTHERS SAD?
- HOW DO WE KNOW IF SOMEONE IS SAD?



Take a photo of each other expressing this emotion. If you have filters, which would be best to express this emotion best?

ANGER



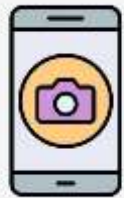
- WHAT MAKES YOU ANGRY?
- WHAT HAVE YOU DONE TO MAKE OTHERS ANGRY?
- HOW DO WE KNOW IF SOMEONE IS ANGRY?



Take a photo of each other expressing this emotion. If you have filters, which would be best to express this emotion best?

DISGUST

- WHAT MAKES YOU DISGUSTED?
- WHAT HAVE YOU DONE TO MAKE OTHERS DISGUSTED?
- HOW DO WE KNOW IF SOMEONE IS DISGUSTED?



Take a photo of each other expressing this emotion. If you have filters, which would be best to express this emotion best?



SCARED / FEAR



- WHAT MAKES YOU SCARED?
- WHAT HAVE YOU DONE TO MAKE OTHERS SCARED?
- HOW DO WE KNOW IF SOMEONE IS SCARED?



Take a photo of each other expressing this emotion. If you have filters, which would be best to express this emotion best?