

# How do you feel?

## Group activity worksheet



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**Written by teachers for teachers**

## How do you feel?

How are you feeling at the moment? Take a few seconds, sitting quietly, and notice how you feel right now.

*(Pause...)*

You may be feeling happy, sad, excited, guilty, proud, angry, bored, peaceful, depressed, anxious, amused, calm – or probably a mixture of some of these. Whatever the feeling is, pay attention to it.

*(Pause...)*

Now give the feeling a mark between 1 and 10. 10 if you are feeling it really strongly, 9 if you feel it quite strongly and so on all the way down to 1 if you are hardly feeling it at all.

*(You could give an example of how you're feeling e.g. "For example right now I'm feeling confident – 8 out of 10.")*

Now turn to the person sitting next to you and tell each other in no more than two words how you are feeling. And tell them the number rating of that feeling.

*(Pause...)*

You have just visited the part of your brain that deals with emotions and you've demonstrated the first skill in what is called Emotional Intelligence.

You obviously have a thinking part of your brain – the part that solves the maths problem (or not!) or chooses which facts to for an essay or how to translate "Please can I have a pizza?" into French or German.

You also have another part of your brain– the part that deals with emotions. This other part of yourself helps you recognise how you are feeling, which is the first skill of Emotional Intelligence. And that's important because WE ALL ACT BECAUSE OF HOW WE FEEL. To put it another way, everything that we do, all our actions, are driven by how we feel underneath. So our behaviour is affected by how we are feeling. That's true for you and for everyone else – parents, teachers, friends, enemies, brothers and sisters, shopkeepers, politicians – everyone.

*(The following example could be done using questions and answers all the way. It's up to you.)*

I'll give you an example. Put your hand up if you are familiar with the story of Cinderella.

*(Pause...)*

*continued*

## How do you feel? *continued*

As you know, poor Cinderella, who was beautiful and kind, was cruelly treated by her ugly sisters. She was made to do those endless dirty chores and wait on her stepmother and stepsisters like a servant. When all the women in the house were invited to the ball by the Prince, the wicked stepsisters made sure Cinderella didn't go. It is easy to judge their behaviour; the sisters' action was mean and spiteful. But what was the feeling behind their action?

*(Hands up. Take replies.)*

Yes, they were jealous. They no doubt felt ugly and awkward next to their stepsister, Cinderella. These feelings are uncomfortable so they tried to get rid of what they saw as the cause of their feelings – Cinderella. How they behaved may not have been right but it is easy to see they behaved that way because of how they were feeling.

*(You could also use an example from a well-known film/TV programme. Another idea is to use an example from current affairs or current school life. The example can be about positive or negative behaviour.)*

We are all interested in other people's behaviour; we spend a lot of time talking about how we and other people behave. This year, in your tutor groups, you'll be exploring principles of Emotional Intelligence. It's a chance to think about yourself, to understand how other people are feeling, to learn how to get along with other people and make new friends. It's a chance to learn to make better decisions for yourself about these things and about schoolwork.

So during the next week, notice how you are. Take time to notice your feelings in any situation, or in several situations. Start to observe how you and others around you are acting because of underlying feelings.