

# Primary 5-7 Lesson



**Be informed.**

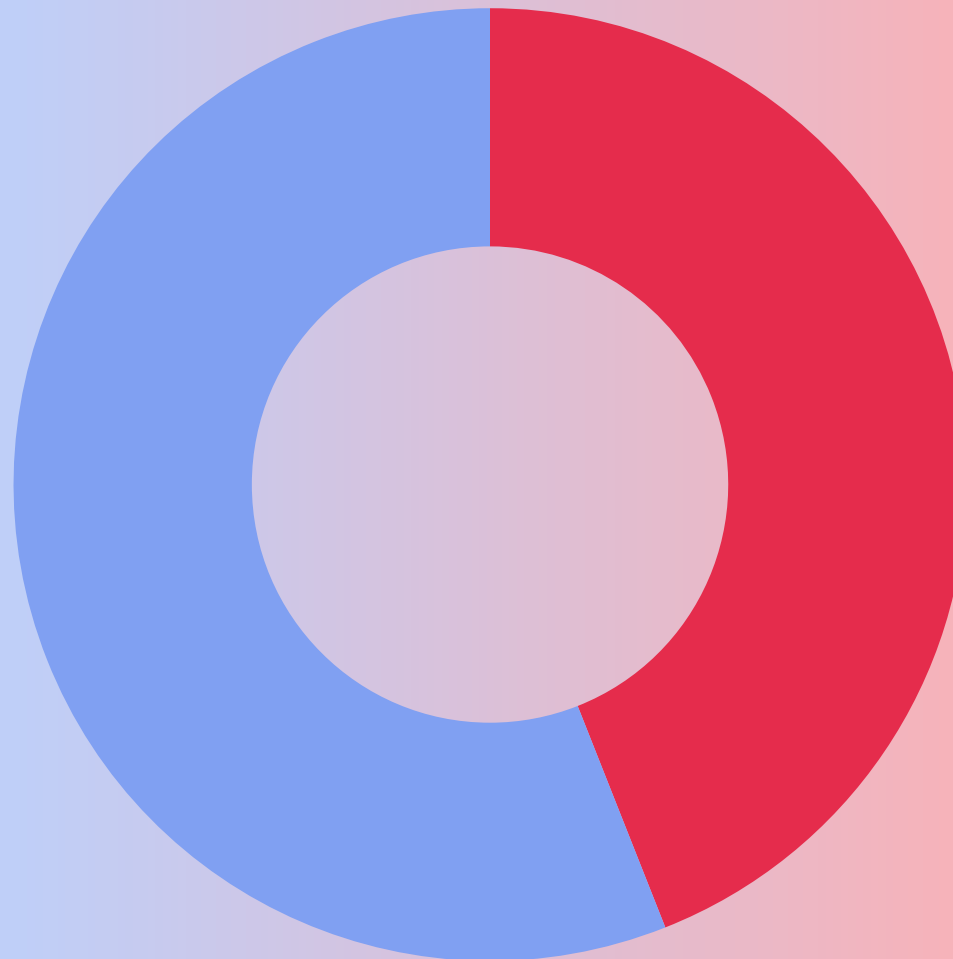


**Be curious.**



**Be heard.**

# Your latest results: "Should Christmas be messy?"



**Yes**

**56%**

**No**

**44%**

19,560 children & young people voted this week! Were you one of them?

# Your views on “Should Christmas be messy?” were also heard by:



Sainsbury's

John Lewis



The Advertising  
Standards  
Authority

Sainsbury's

John Lewis

Tesco

Advertising  
Association



**Be informed.**



**Be curious.**



**Be heard.**

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at [primary@votesforschools.com](mailto:primary@votesforschools.com)

# 1 Starter: Hot topics



Individual activity  
(2-3 mins)

What do you **talk** to  
your **friends** about?





A photograph of four school children sitting on concrete steps. From left to right: a girl with long dark hair and a blue bow, a girl with blonde hair, a girl with dark hair and a red bow, and a boy. They are all wearing school uniforms (white shirts, dark skirts or shorts, and dark shoes). They appear to be in conversation. The image has a semi-transparent blue and purple overlay on the left side.

Today's Vote Topic:

# Is it easy to talk about your feelings?

**UNCRC Article 24:  
Health, Food, Water,  
Environment**

**UN SDG 3:  
Good Health &  
Wellbeing**

**VfS Key Theme 1:  
Health &  
Wellbeing**

## 2 Why are we talking about this?



On **1<sup>st</sup> February 2024**, it is **Time to Talk Day**. **Time to Talk Day** happens **every year**.

This day is run by **Mind, Rethink Mental Illness** and **Co-op**.

It's a day for us all to **talk about our feelings** and **mental health**.





## 2 Why are we talking about this?



Talking about our **feelings** can help us to have better **mental health**.

**Mental health:**  
How well we are **thinking, feeling** and **acting** each day. We need to **take care** of our **minds** as well as our bodies.

## 2 Why are we talking about this?



Some people find it **easier** to talk about their feelings, but **other people** might need **more help**.

Our VoteTopic question this week is: **Is it easy to talk about your feelings?**

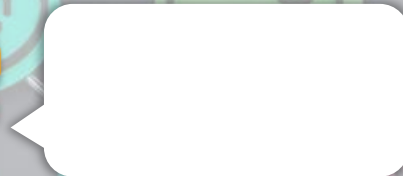
Let's learn a little more about it...





## Pair activity (3-4 mins)

Just how much do you actually know about **feelings**? Get ready for our **quick quiz questions** about **feelings and talking**. **Share your answer with your partner** and see how much you already know!





How many different feelings can you name in 30 seconds?



There are lots of different names for feelings. Share your answer with your partner!





# How many different feelings can you name in 30 seconds?

There are lots of **different names** for **feelings!** Let's see how many of these you talked about...

Happy

Bored

Angry

Jealous

Embarrassed

Sad

Calm

Excited

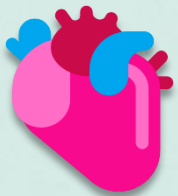




# Where do our feelings come from?



Our brains



Our hearts



Share your answer  
with your partner!



## Where do our feelings come from?



### Our brains

Our feelings usually **start off** in our **brains**, but they can affect the **rest of our body** too. People **used to think** that feelings came from your **heart**.





## Talking can help if...



You have had an argument.



Someone has died.



You feel lonely.



You have an illness.

Talking to someone

Which do you think is the right answer?  
Share your answer with your partner.

and talk to an expert.





Talking can help you connect with friends and family.

**Connect:**  
Feeling **close** to someone and **knowing** them.

True

False

Share your answer with your partner!



Talking can help you connect with friends and family.

True

When we **talk to people** about our **feelings**, it helps us **understand each other**. This **helps** people through **tricky times in their lives**.



## Pair activity (5-7 mins)

Sometimes it **feels easy to talk**, and sometimes it **feels tricky**. On the next few slides, you will see some children going through some **big feelings**. **Talk to your partner** about why it might be **easy or tricky** for them to talk about what they are feeling using the sentence starters below.



It might feel **easy** to talk because...



It might feel **tricky** to talk because...



# 4 What a feeling?



It might feel **easy** to talk because...

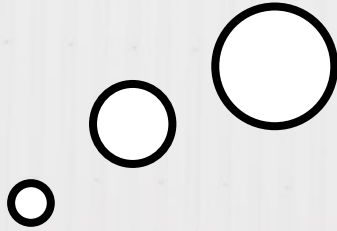
**Talk to your partner!**

It might feel **tricky** to talk because...

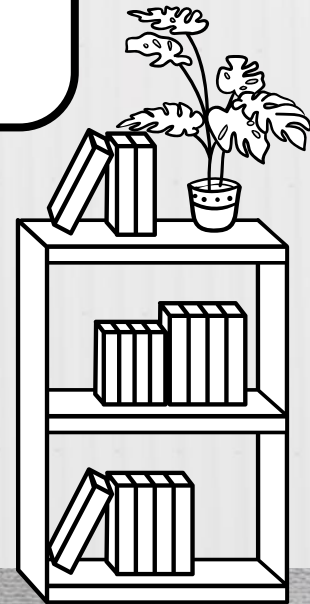
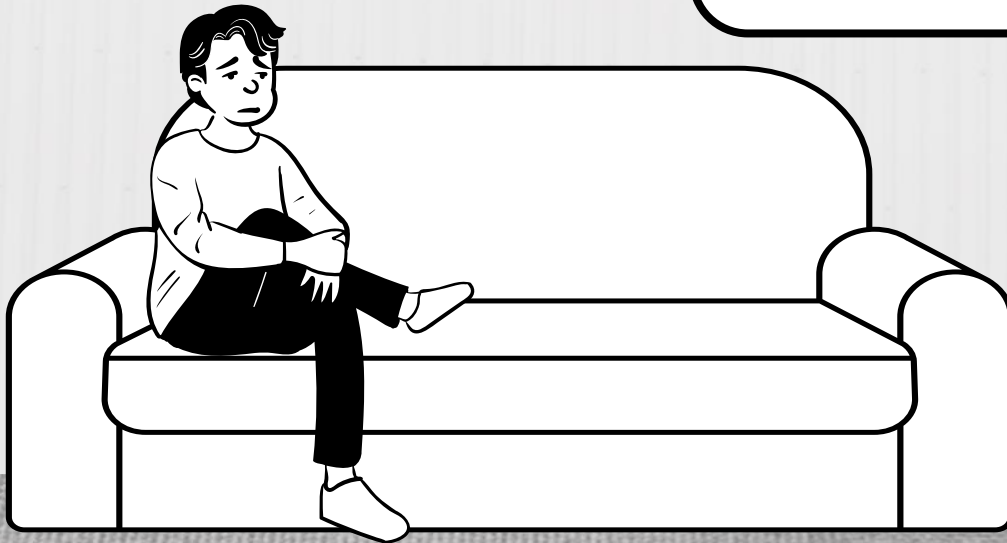
Alyssa just won a dance competition, and she is so **proud** of herself. Her friend Helen took part but **did not win**.



# 4 What a feeling?



Tim feels **embarrassed** because he is **scared of the dark**. He does not want his friends to know.



It might feel **easy** to talk because...

**Talk to your partner!**

It might feel **tricky** to talk because...

# 4 What a feeling?

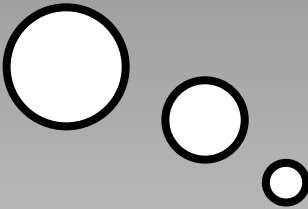


It might feel **easy** to talk because...

**Talk to your partner!**

It might feel **tricky** to talk because...

Becky is feeling **lonely**, and she has no one to play with. She feels like **no one likes her.**





# 4 What a feeling?



Erin is feeling so **happy**, because they have just **enjoyed a great day out** with their mum.



It might feel **easy** to talk because...

**Talk to your partner!**

It might feel **tricky** to talk because...

## 4 What a feeling?



It is **normal** to have a **mix of feelings** every day about different things that happen in your life.

**Talking** about these **feelings** can help you **learn about yourself**. People might also give you **useful advice**.



## 5 Starting a conversation



### Individual reflection (5-7 mins)

Now it is time to **think** about **how** you can **talk about your feelings** when you **want to or need to**. For each question, **think about your answer**. If you would like to **share your answer** with your class, **put your hand up**.



## 5 Starting a conversation



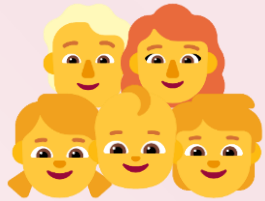
Let's think about **who** is the **best person** to talk to.

It is important to talk to people that you **trust** when you talk about your **feelings**.





# 5 Starting a conversation



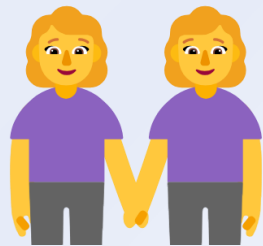
Brothers & sisters



Parents & carers



Who would you choose to talk to?  
Pick three to five people.



A friend



Teachers

## 5 Starting a conversation



Now think about **when and where** you prefer to talk.

Everyone will **feel comfortable** in **different places**.





# 5 Starting a conversation



In the classroom?



At home?



When and where would you prefer to talk?



At playtime?



With an expert at school?





## 5 Starting a conversation



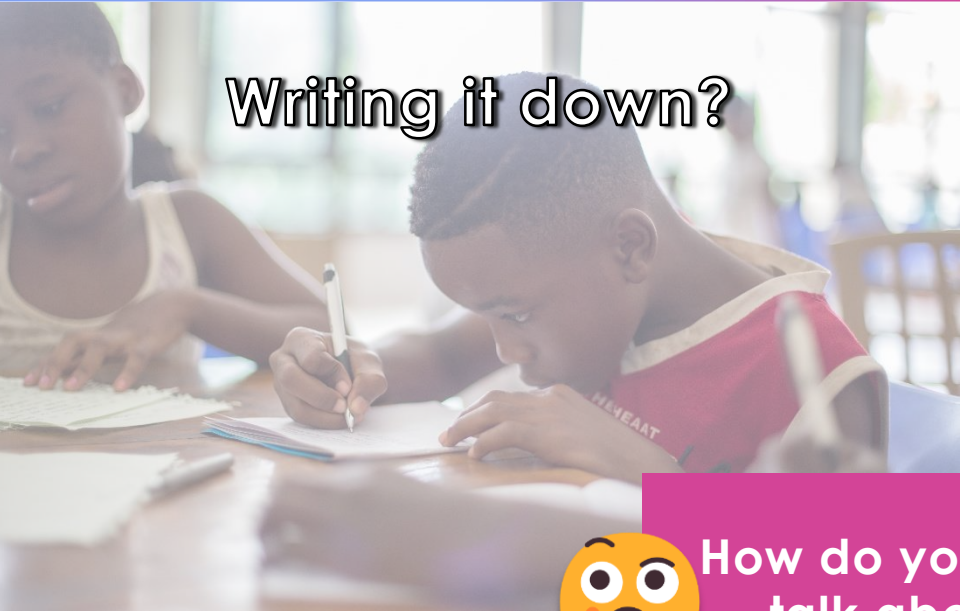
Let's think about **how** you like to **talk** about your **feelings**.

There are **different ways to do this** that can make it feel **easier**.





# 5 Starting a conversation



Writing it down?



Side by side?



How do you prefer to talk about your feelings?



Face to face?



On a walk?

## 5 Starting a conversation



When we are **having big feelings**, it is important to be **kind to our minds**.

Let's think about how you can **talk kindly to yourself** when you need help.



## 5 Starting a conversation



I need to look after myself.

I am proud of myself.



Which sentence would you say to yourself?



I can ask for the help that I need.

I can do this!



## 6 Time to Talk Day



Time to Talk Day is a chance for **everyone** to talk about their **feelings** and their **mental health**.

**time to  
talk day**

**01/02/24**

*mind*

Rethink  
Mental  
Illness.

co  
op

**Individual reflection (1 min)**  
What do **you** want to talk  
about on 1<sup>st</sup> February?



# Now's your chance to vote on: "Is it easy to talk about your feelings?"

Yes

**I know the names of different feelings and how to talk about them all.**

**I know who is easy to talk to in my life and they always listen.**

**I find it easy to share how I am feeling, and I know how it helps me.**

**I don't always know how to explain how I'm feeling.**

**I often don't feel like it is the right time to talk to someone.**

**I don't want to upset or annoy anyone by telling them how I feel.**

No

**We will be sharing your thoughts on this topic with Mind, Co-op, Childline, Place2Be and YoungMinds.**

Log in to your VotesforSchools account to submit your vote and leave a comment.