**PSHCE - Good to be Me**

**Mixed Feelings**

**LESSON 2**

**Objectives**

I can explain how I am feeling even if I have mixed feelings.

**Activities**

Read the short piece on mixed feelings from POWERPOINT.

Think about Dan’s feelings and why he might be feeling these things.

Consider the following scenarios (next slide) and think of the feelings you might have.

You are likely to have different feelings about the event to someone else in your family or friends and think about whether you could have both.

**TASK**

You need to identify pairs of feelings that can be linked together for the images.

Write a sentence to explain why the person might be feeling this way.

**Outcomes**

Children will consider when that have mixed feelings, what might bring on these feelings and how they can cope with them.

**Notes**

Good to be Me PowerPoint 2

TASK Sheet 2 (Mixed Feelings)