

# Foundation - 5 Year Olds

Resource sheet: Key area 1: Self-awareness

Focus 2: Our feelings and emotions

Feelings Cards

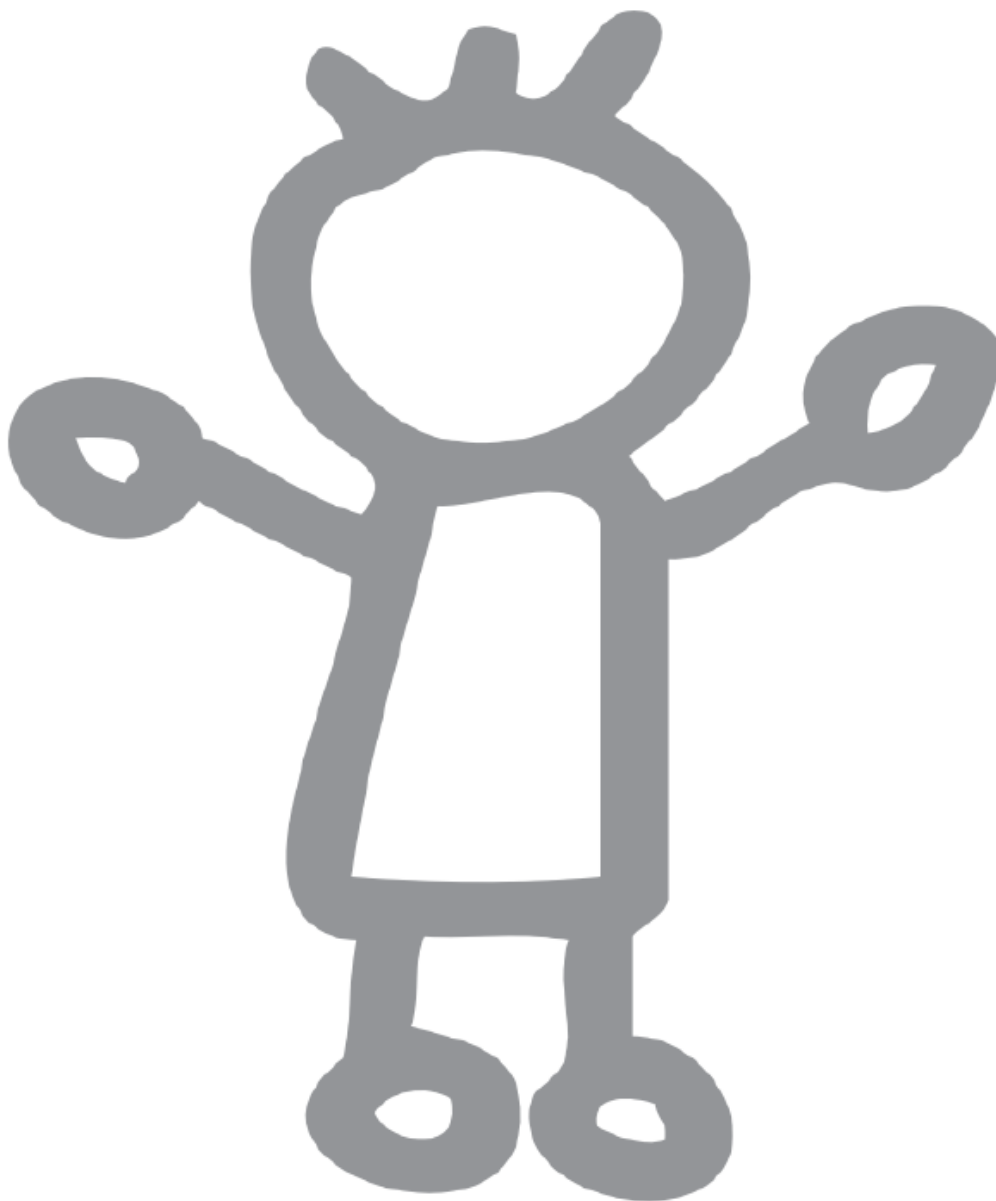


Activity sheet: Key area 1: Self-awareness

Focus 2: Our feelings and emotions

Name: \_\_\_\_\_

Feelings Buddy



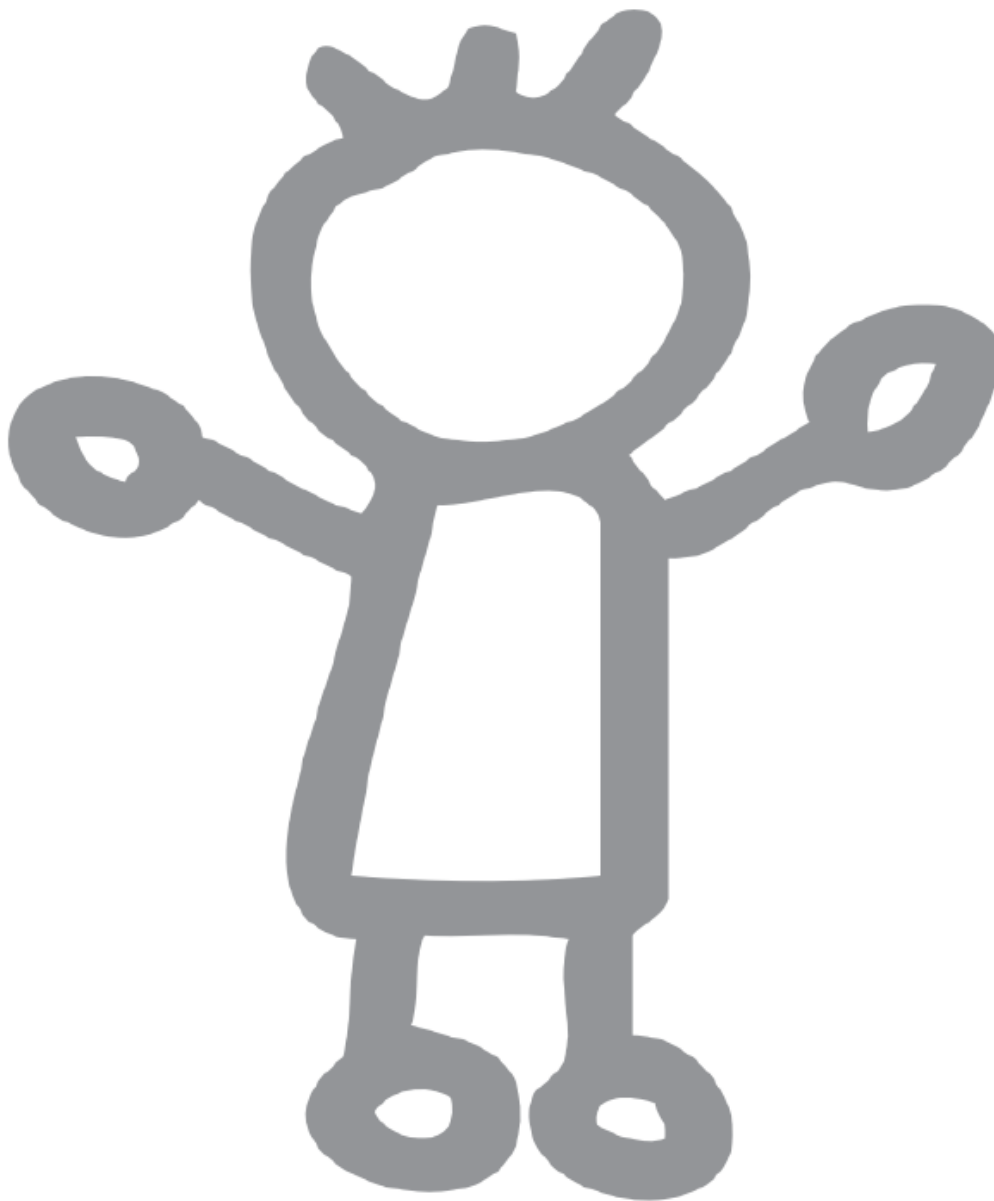


**Activity sheet: Key area 1: Self-awareness**

**Focus 3: Feeling grumpy and angry**

Name: \_\_\_\_\_

Feelings Buddy

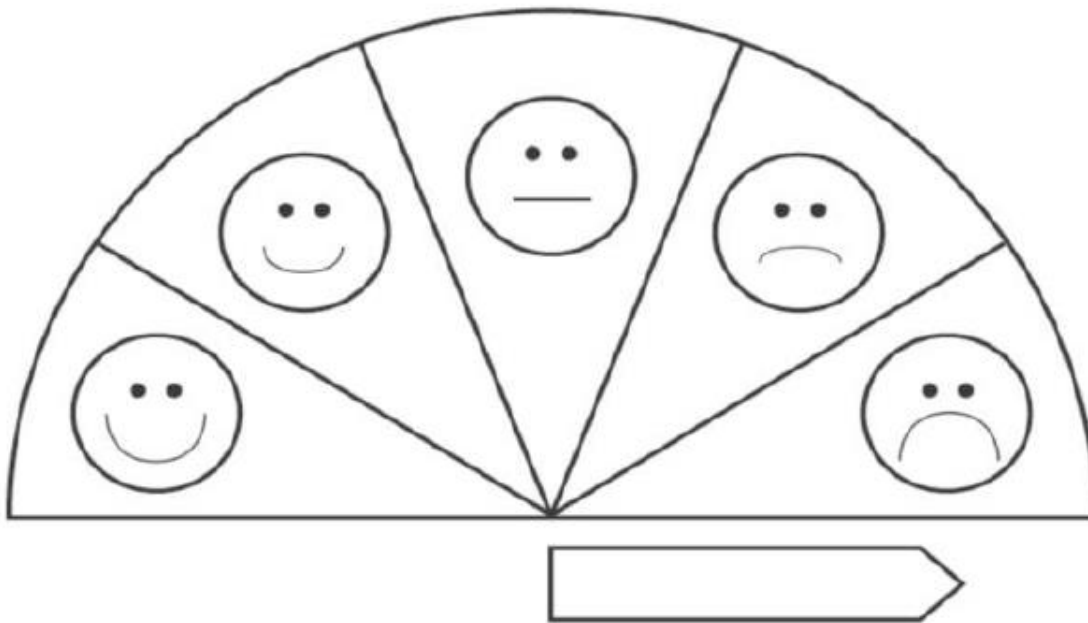


Activity sheet: Key area 2: Self-management

Focus 1: Knowing how I feel

Name: \_\_\_\_\_

Feelings Matter



**Activity sheet: Key area 2: Self-management**

**Focus 2: Controlling grumpy and angry feelings**

Name: \_\_\_\_\_

Feeling better

“I was feeling grumpy

then \_\_\_\_\_

\_\_\_\_\_

and I began to feel better.”

## Activity sheet: Key area 2: Self-management

### Focus 3: Being brave when you are scared

#### Scaredy Bat

By Erin Erceg and Sam Cecins

Bat was hanging in his cave as it was getting dark when he suddenly heard a rustling noise outside. It sounded like someone was coming but it was too dark to see. Bat felt himself shiver all over and he felt afraid.

“What is that?” he thought. “It is a really scary noise.” He was too scared to move.

Then as he hung further back in his cave, his friend Dog popped his head into Bat’s cave and said, “Hi Bat, what are you doing?”

Bat nearly dropped to the floor of the cave when Dog popped up but he was glad it was just Dog. “Ssh,” said Bat. “I am hiding in my cave from a scary noise.” “Ooo, I hate scary noises,” said Dog. “Can I get in too?” and Dog climbed in and sat down beneath Bat in the cave.

Suddenly they heard the rustling noise. “That is the scary noise and I hate scary noises,” said Bat.

Just as Dog and Bat sunk down in the cave together, shaking with fear, Cat popped his head the cave. Bat and Dog got such a fright but they were glad it was only Cat.

“What are you doing?” asked Cat. “Shh,” said Bat. “We are hiding from a scary noise.” “Ooo, I hate scary noises,” said Cat. “Can I get in too?” and Cat climbed into the cave too.

Then they heard the rustling noise again. They sunk down in the cave, shaking with fear. Then Lizard popped his head into the cave. Bat, Dog and Cat got such a fright but were glad it was only Lizard.

“What are you doing?” asked Lizard. “Shh,” said Bat. “We are hiding from a scary noise.” “Ooo, I hate scary noises,” said Lizard. “Can I get in too?” and Lizard climbed into the cave too.

It was getting pretty crowded in Bat’s cave now and a bit uncomfortable. Everyone was shuffling around trying to get comfortable when they heard the rustling sound again. They tried to sink down into the cave, all shaking with fear. Then Sheep popped into the cave. Bat, Dog, Cat, and Lizard got such a fright but were glad it was only Sheep.

“What are you doing?” asked Sheep. “Shh,” said Bat. “We are hiding from a scary noise.” “Ooo, I hate scary noises,” said Sheep. “Can I get in too?” and Sheep climbed into the cave too.

All the animals were squashed into Bat’s cave now. It was really uncomfortable. And they all wriggled and squirmed about in the cave trying to get comfortable.

“Oooow,” said Bat. “My wing is getting bent.” “Oooo,” said Sheep. “My wool is being pulled.” “Ouch,” said Lizard. “Someone has their foot on my tail.”

“Oooh,” said Dog. “My paw is stuck.” “Aaah,” said Cat. “My head is getting squished against the cave wall.”

Suddenly Bat started to laugh, “This is so funny, we are all trying to squash into my little cave,” and all the other animals started to laugh too. They laughed and laughed until they were so exhausted they all fell asleep squashed in the cave.

The next morning they woke up and it wasn’t dark any more. All the animals were all tangled up in the cave. As they untangled themselves they laughed about the night before and said how much fun it was all squashed into Bat’s little cave.

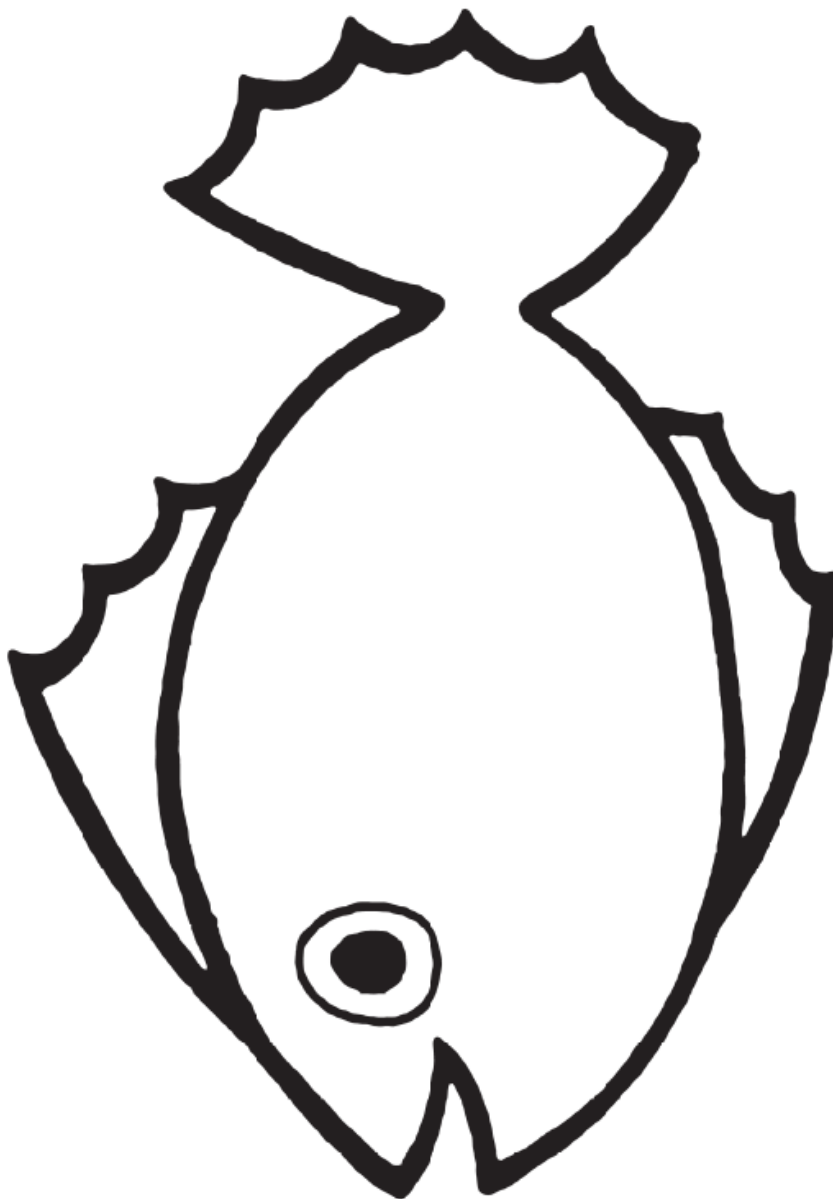
They had completely forgotten about the scary noise, how much they hated it or what might have caused it.

Activity sheet: Key area 2: Self-management

Focus 3: Being brave when you are scared

Name: \_\_\_\_\_

The Rainbow Fish



Activity sheet: Key area 3: Social awareness

Focus 2: Sharing and taking turns

Name: \_\_\_\_\_

Share bear log

Draw a picture of you and the share bear  
sharing with you and your family at home.



The share bear at home with \_\_\_\_\_



Activity sheet: Key area 3: Social awareness

Focus 3: Working through a problem

Name: \_\_\_\_\_

Saying how I feel

I feel...

say how you feel

when you...

say what the other person is doing

and what  
I really  
want is...

say what would make things better for you

## Resource sheet: Key area 3: Social awareness

### Focus 4: Including others

#### Including others

##### "Included" scenario cards

Your crayon tub is missing a red crayon and you are invited to join the next table and use their crayon tub.	You are feeling a bit sad and your friends give you a hug and ask you to help with a jigsaw.
Someone knocks over a box of paper in the art room and one person suggests the rest of the class all help to pick it up.	The hook you put your bag on is broken and some of your friends suggest that you could use their hooks.
Five people need a seat and there are only four. One person suggests that two people can share the one seat.	You are new to the school and everyone is talking about a birthday party they are going to on the weekend. The day before the party you receive an invitation too.
A person in your class asks you to join their storytelling group.	You are playing alone in the playground and someone asks you to join in their cricket game.
You feel sad and someone in your class notices and tries to help you.	You are lonely at playtime and a group of students ask you to join in a group.

##### "Feeling left out" scenario cards

You try to join in a game but the students say there is not enough room for you to play.	A classmate asks to share your group's pencils and you say "No, we are using them all".
Your mum and dad take your brother to the movies but leave you at home with a babysitter.	You are asked to help carry sports equipment to the playground but no-one will let you help.
You are trying to see the farm animals at the school excursion but no-one will let you into the circle around the animals.	All the students in your class except you are invited to a birthday party.
You are not selected to sing in the school choir.	You are not picked by students to be in their team.

## Resource sheet: Key area 4: Relationship skills

### Focus 2: Dealing with unfriendly behaviour

#### Unfriendly behaviour



Kicking, hitting or pushing other students around.



Not letting other students join in.



Saying mean things about someone.



Teasing someone or calling them names.



Making someone feel scared.

## Activity sheet: Key area 4: Relationship skills

### Focus 2: Dealing with unfriendly behaviour

Name: \_\_\_\_\_

Saying how I feel

**I feel...**

say how you feel

**when you...**

say what the other person is doing

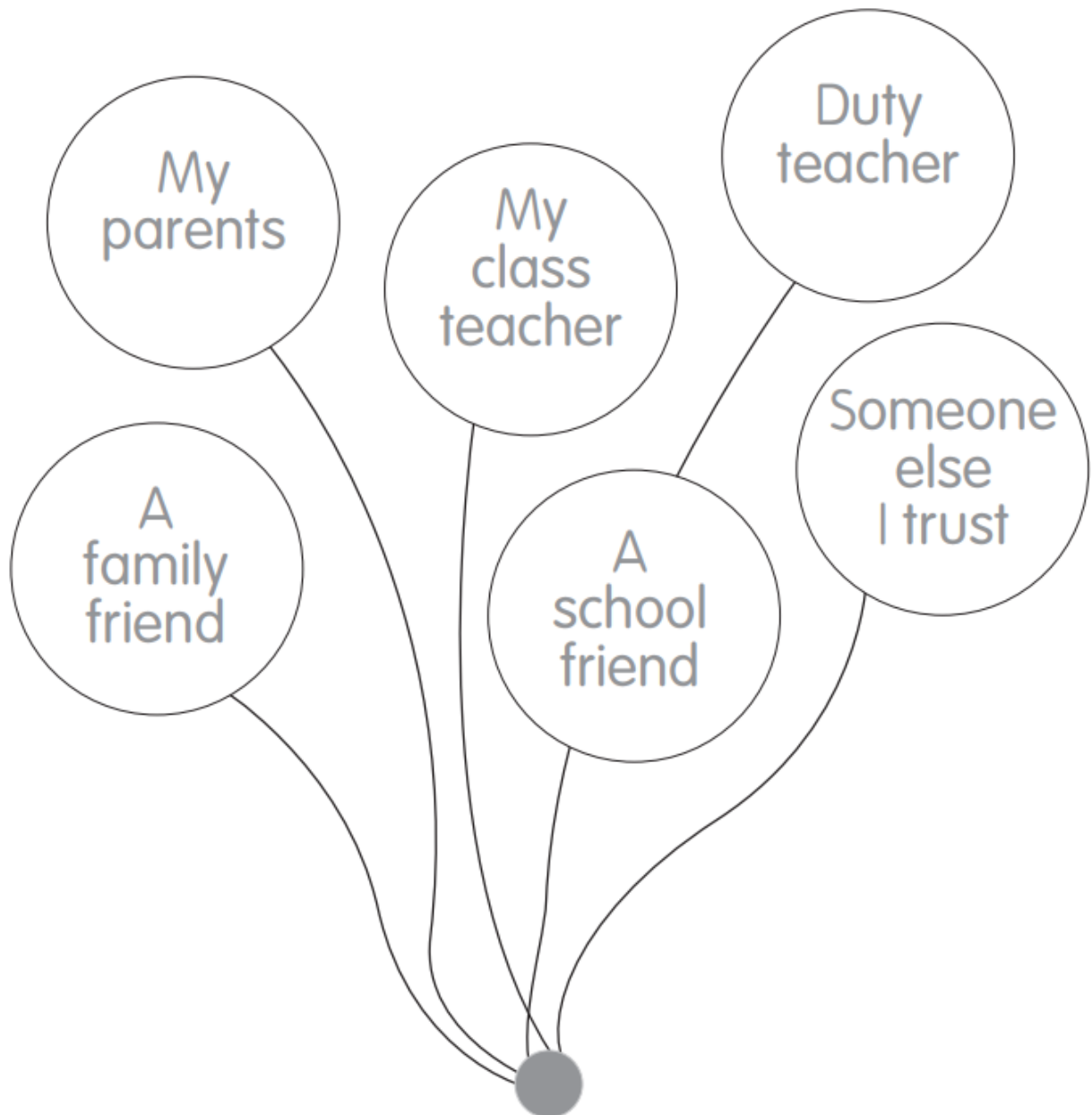
**and what  
I really  
want is...**

say what would make things better for you

## Resource sheet: Key area 4: Relationship skills

### Focus 3: Asking for help

Our trust group



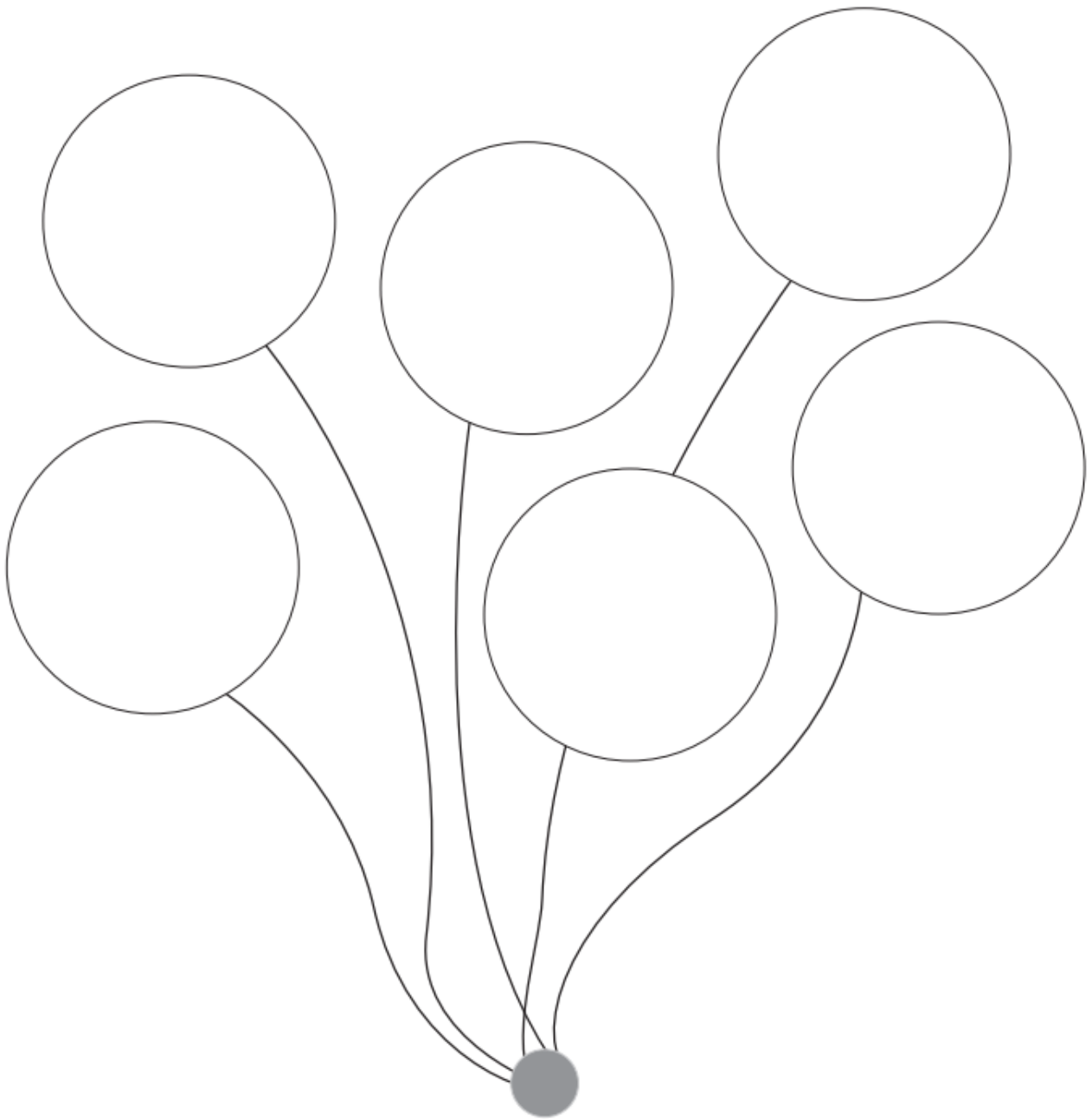


## Activity sheet: Key area 4: Relationship skills

### Focus 3: Asking for help

Name: \_\_\_\_\_

My trust group



## Activity sheet: Key area 5: Social decision-making

### Focus 1: Making choices

Name: \_\_\_\_\_

It helped to...

Think –

Feel –

Talk –

Choose –