



Feelings

Ella is in the park with her dog. It is a beautiful day. The sun is shining down on her and her friends. Ella is smiling. She is having fun.

VIPERS QUESTIONS

I | I: How is Ella feeling? How can you tell?

Happy

Sad

Angry

Scared

Calm

Ella and her friends play a game of chase. They are running around laughing. Suddenly Ben stops. He sticks his leg out and trips Ella. Ella falls and cuts her knee. It hurts and she starts to cry.

VIPERS QUESTIONS

I | I: How does Ella feel when Ben trips her? How can you tell?

Happy

Sad

Angry

Scared

Calm

Ella picks herself up. She wipes her eyes and marches over to Ben. Ella's hands are in tight fists. She is frowning and her face is red. Ella shouts at Ben.

VIPERS QUESTIONS

I | I: How does Ella feel towards Ben? How can you tell?

Happy

Sad

Angry

Scared

Calm

Luca walks over to Ella. He puts her arm round Ella's shoulders. Luca wants to make Ella feel better. They walk away and sit with Ella's dog Barney. They sit in the sun and quietly stroke the dog's fur. Ella's face is neutral. She is not smiling or frowning.

VIPERS QUESTIONS

I I: How do you think Ella feeling now?

Happy Sad Angry Scared Calm

E How can we tell how people are feeling?

I Do you think walking away and doing something else was a good way for Ella to calm down and feel better?

P What helps you to feel better when you are upset or angry?