

Assembly 8th June – Feelings

Good morning! I hope this virtual assembly finds you all well.

Please remember my assembly and discussion points within this assembly are designed for children from age 5 -11 so not all will be ideal for your children.

We start assembly with the greeting good morning, we say it and sign it. In addition to signing good morning we also try to sign the initials of the name of the person leading the assembly.

This week my theme is '**Feelings**'. I always begin my assembly with some music. This week I have selected the following:

https://www.youtube.com/watch?v=_r88ao7VFE4

Please watch with caution as it is on YouTube and may contain adverts at the beginning.

Questions to ask linked to the music:

- Why do you think it is important to have someone you can count on, as described in the video?
- Who do you rely on to listen to you no matter how you are feeling?

Feelings

Being able to identify different feelings in ourselves and in others is really important. Being able to do this helps us to understand and work in the social world around us. Over time we develop emotional intelligence that is the ability to understand and manage your own emotions and feelings, and those of the people around us. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people.

At this time when many elements of our lives are different to our typical routines and habits it is extra important to be aware of our own feelings and how it affects our behaviour and choices. Equally we have to be considerate and respectful of other people's feelings.

Please share the following story.

<https://www.youtube.com/watch?v=UmrUV8v-KQg>

- Can you name the different feelings mentioned in the story?
- Have you ever experienced feelings mentioned in the story?
- Why do you think the author and illustrator used those certain colours to represent the feelings in Lucy's hair?

If you would like to carrying on thinking about today's theme you could try:

- Have a go at writing a story where the main character experiences many different feelings
- Try designing and drawing characters to represent different feelings like in the film 'Inside Out'.



- Write an emotion thesaurus, for example, happy > content, cheerful, jolly, carefree.

Thank you for taking the time to share my assembly. I hope you enjoyed the story.

Take care and stay safe,

Mrs Young