

GRADE 1 LEARNING PACK

Feelings & Body Clues

Notice emotions and body signals while recognising that people can show feelings differently.

LEARN • PRACTISE • CREATE • REFLECT

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

Print. Learn. Grow.

Grown-up guide

Learning objective

Notice emotions and body signals while recognising that people can show feelings differently.

Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

Learn the idea

1 feelings are information, not “good” or “bad”

2 body clues can vary between people

3 calming strategies should be safe and chosen appropriately

Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Match fictional situations with several possible feelings.

List body clues someone might notice when excited or worried.

Explain why two people may feel differently in the same situation.

Try slow breathing or a short stretch with a trusted adult/teacher.

Choose who you can talk to when a feeling feels too big.

Try it beyond the page

Real-world / hands-on connection

Try one activity in real life with a trusted adult or teacher and discuss what worked.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

Create a private “what helps me” menu with three safe strategies and trusted adults.

Use this space for planning, drawing, mapping, designing or notes.

CHALLENGE

Think deeper

1. What did you learn about yourself or your strategy?

2. Who can support you with this skill?

3. What is one small next step?

Quick review

1. In one sentence, explain the big idea of “Feelings & Body Clues”.

2. Draw or write one example that shows you understand.

3. Choose one activity from this pack and explain the strategy you used.

4. Write one question you still have.

Answer & discussion notes

Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

1. Suggested response

Reflective responses vary; look for a specific example.

2. Suggested response

A trusted adult/teacher/family member may be named without private details.

3. Suggested response

The next step should be small and achievable.

Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

My learning reflection

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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