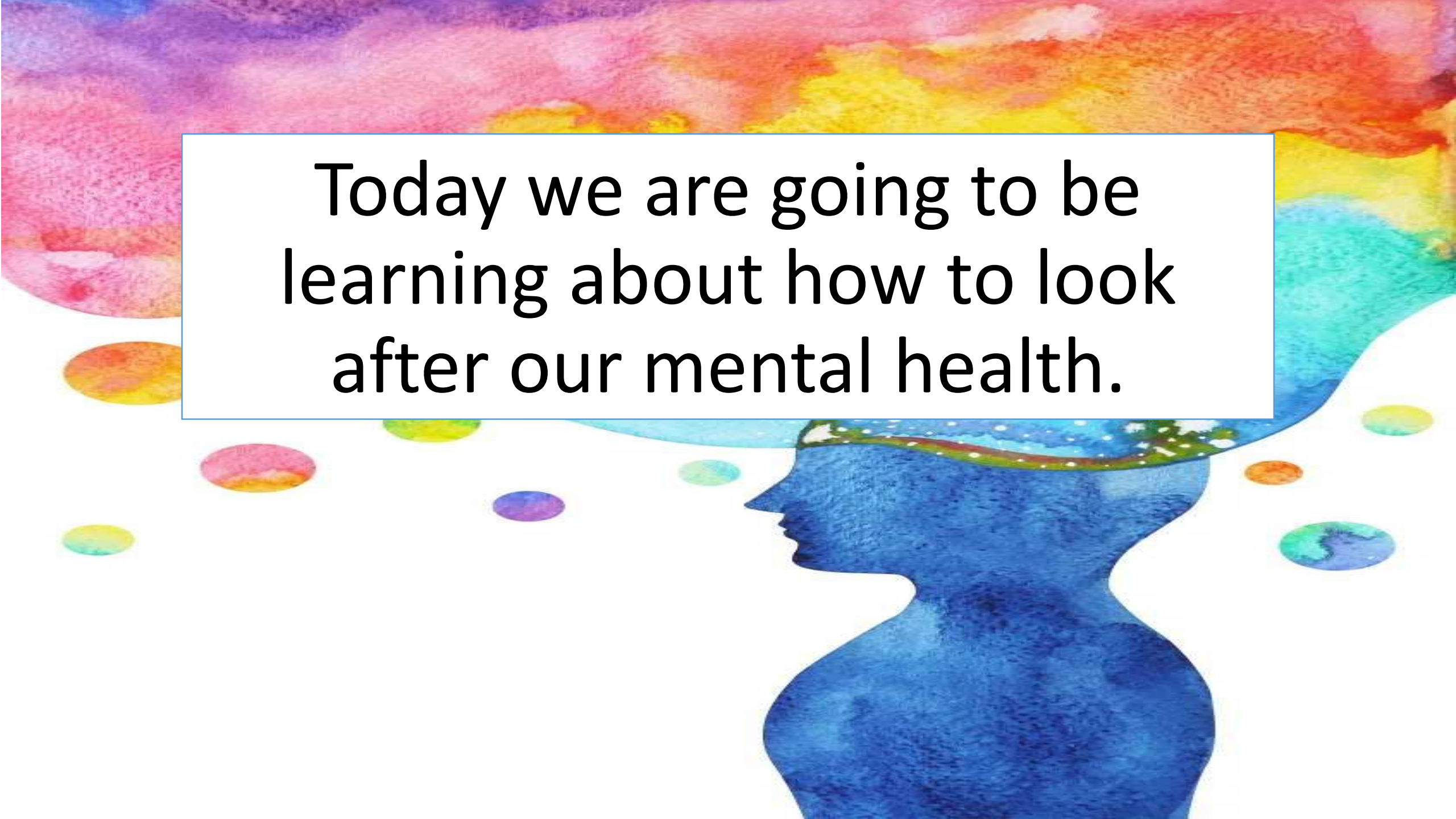


Today we are going to be learning about how to look after our mental health.





What are emotions?



emotion

/ɪˈmeʊʃ(ə)n/

*noun*

plural noun: **emotions**

a strong feeling deriving from one's circumstances, mood, or relationships with others.

"she was attempting to control her emotions"

Similar:

feeling

sentiment

sensation

reaction

response

passion



- instinctive or intuitive feeling as distinguished from reasoning or knowledge.

"responses have to be based on historical insight, not simply on emotion"

Similar:

instinct

intuition

gut feeling

inclination

sentiment





# Task 1

Create a mind map of all the different emotions you can think of. You can use words or draw pictures





# Did you know?

# It was initially thought that we only had 6 emotions!

Do you think these are the only emotions we have?

What other emotions can you think of?

Can you think of a time when you have felt any of these emotions?

## Types of Basic Emotions



1. Happiness



2. Sadness



3. Fear



4. Disgust



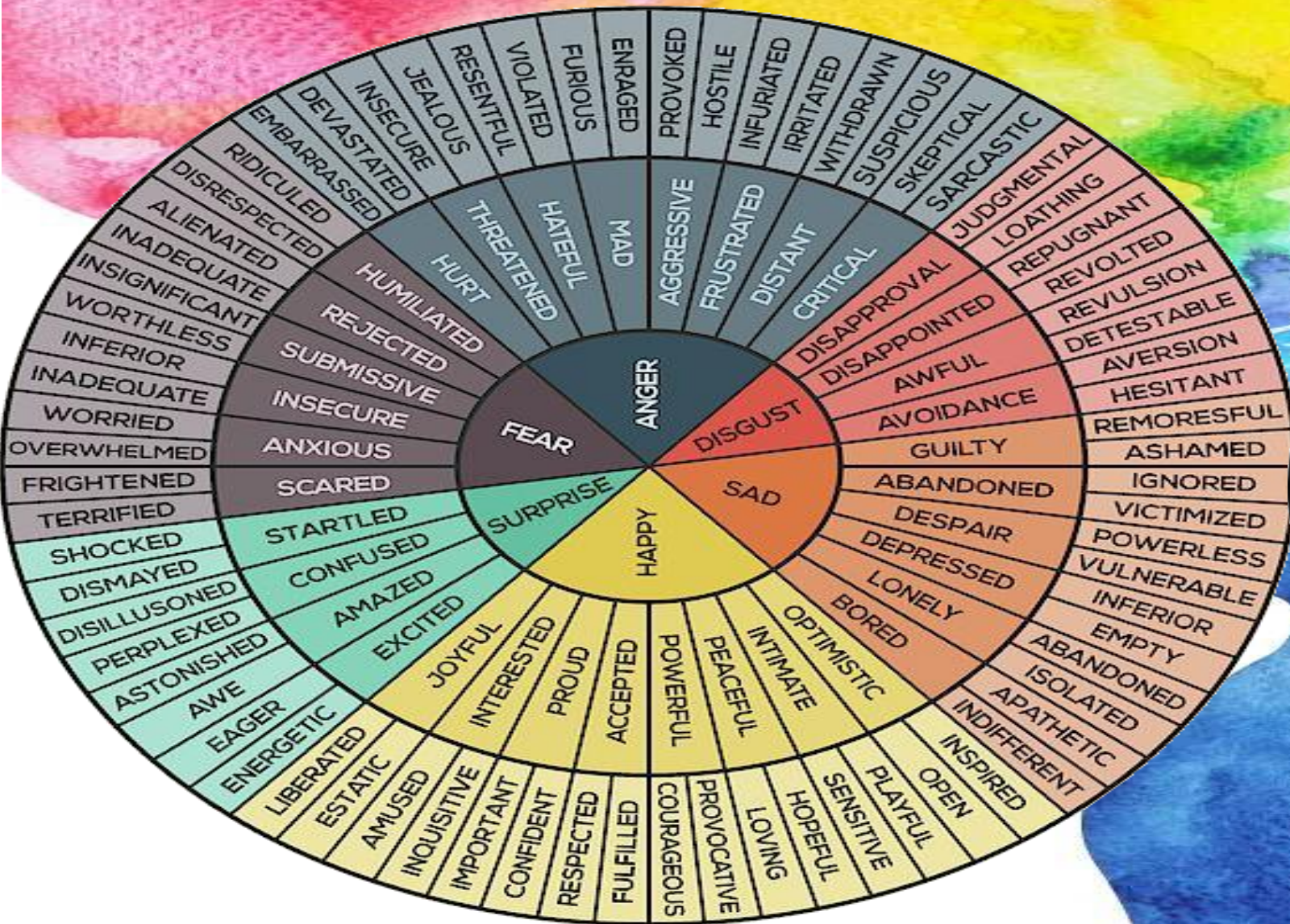
5. Anger



6. Surprise



It has since been found that humans experience a lot more than just 6 basic emotions.



If you feel sad, you will probably feel lots of other emotions at the same time.



Our emotions often influence our **behaviours**.  
For example, if you are angry you may shout or break something.

What do we mean by behaviour?

behaviour

/bi'heɪvjə/

*noun*

the way in which one acts or conducts oneself, especially towards others.  
"he will vouch for her good behaviour"

Similar:

conduct

way of behaving

way of acting

deportment

bearing



# Task 3

Can you match the different behaviours people may present as a result of different emotions.

While you complete the activity, think, why is it important to express our feelings?

surprise

jump up and down

Shout at someone

anger

scream

shake head

cry

sadness

hug someone

kick something

hit something