

Sorting activity

Sort unkind statements according to how hurtful they are. How bad is each one?



You don't live with your dad



Your shoes are old



I don't like your hair



You smell funny



Your clothes are weird

Emotions activity



Someone gives you a hug.



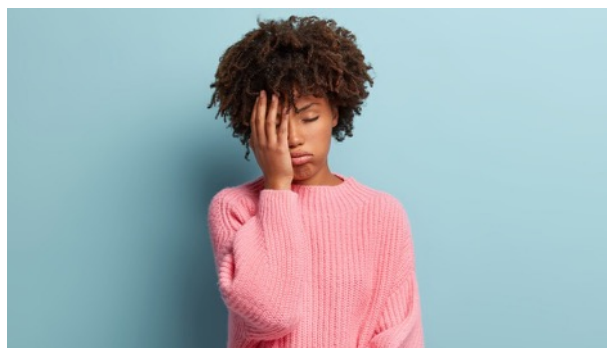
Someone shouts at you for missing a goal in football.



Someone asks if you are ok when you are crying.



Someone laughs at your clothes.



Someone says you can't play football because you have brown skin.



Someone tells a teacher when they hear discrimination at school.

Emotions activity

Choose the emotion that you would feel for each event:



Sad



Angry



Happy



Excited



Loved



Upset



Hurt



Worried



Shocked



Tired

