

How would you feel?

Sentence starters to help develop an emotional vocabulary.

Cut these sentences in to strips and place in a jar or box. Pass them around the circle and invite people to pick one out and respond. Alternatively, give a sentence to a pair and invite them to talk to each other. You can make a note of the words used and start to build a vocabulary bank for the group.

When someone calls me a name I don't like I feel ...

If my best friend moved away I would feel...

If I win a game I feel ...

When I am in the dinner hall I feel ...

If I am late for school I feel ...

When I get a surprise, I feel ...

When I am with my family I feel ...

When someone thanks me for something I feel ...

When I do a good piece of work I feel ...

At the end of the school day I feel ...

When someone lets me in the queue in front of them I feel ...

When I am going to see my favourite relative I feel ...

When someone says 'we want you to join in with us' I feel ...

When I am going somewhere I have never been before I feel ...

When someone I care about is ill I feel ...

When I get my hair cut I feel ...

When no-one will play with me I feel ...

If I lose in a game I feel ...

When someone picks on me I feel ...

If I woke up at night and heard a strange noise I would feel ...

Visit www.peacemakers.org.uk for more ideas to help develop social and emotional learning.