How can I build positive relationships with others?

**PDHPE ES1 workbook**

Name:

Class:

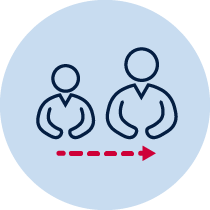
# Overview of lessons 1 and 2

You will

* learn about emotions and identify your own strengths (lessons 1-2)

## Resources

### Lessons 1-2

* help from an adult
* lead pencil/coloured pencils or crayon

## Lesson 1 – Identifying emotions

During this activity you will identify and explore your emotions.

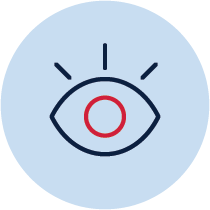
1. Discuss with your teacher or parent/carer the following question “what are emotions?”
2. Identify the different emotions in the table below.
3. Draw a line to match the emotion picture with the word.
4. Write one thing for each emotion that makes you feel that way.

Table 1 Identifying emotions

|  |  |  |  |
| --- | --- | --- | --- |
| Emotions | Match the emotion | Emotions | One thing that makes you feel |
| The head and shoulders shot of a happy-faced girl with a big smile and eyes looking confidently at you. |  | Scared |  |
| A young girl looking annoyed. Her left hand on her left hip and her right arm at shoulder height is bent at the elbow, and she is pointing up with her pointer finger. |  | Happy |  |
| A sad, young boy with his eyes closed and his head tilted to the right, resting the right side of his face on the back of his right hand. |  | Excited |  |
| A mid shot of a boy with a huge smile on his face jumping up with excitement. His arms are raised above his head and his fingers are spread wide. |  | Worried |  |
| A young, nervous girl looking down and biting the nails of her right fingers. |  | Proud |  |
| A concerned, young girl with her head tilted to the right, resting the right side of her face on the palm of her right hand. Her eyes are downcast. |  | Angry |  |
| A boy, head slightly tinted to the left, smiling with pride, and giving a thumbs-up sign with his left hand. |  | Sad |  |

Images used from [NSW Department of Education Child Protection Education](https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/key-learning-areas/pdhpe/media/documents/pdhpe-cpe-es1-keeping-myself-safe-resources.docx) resources

**Lesson 2 – My emotions**

### Activity 1

During this activity you will identify and explain your emotions.

1. Draw one of the faces (emotions) from lesson 1 that shows how you feel about each situation.
2. Explain to a teacher or parent/carer why you chose this emotion.

Table 2 My emotions

|  |  |
| --- | --- |
| How do you feel about | Draw and explain the emotion that is most appropriate |
| Being at school |  |
| Playing with your friends |  |
| Your home |  |
| Your family |  |

**Lesson 2 – My strengths**

### Activity 2

During this activity you will identify and discuss your strengths.

Discuss the following questions with your teacher or parent/carer:

* What are somethings you are good at?
* Which ones do you enjoy?
* Why do you enjoy them?

Table 3 My strengths

|  |  |
| --- | --- |
| What I am good at. | What I might be good at. |
| This activity involves drawing.Draw a picture and tell an adult why you are good at this. | This activity involves drawing.Draw a picture and tell an adult why you think you might be good at this. |