## Week 5 Emotions



As part of our Happiness Project, we explored our emotions.

We learned how to recognise and name emotions.



We learned that humans have a natural negative bias, but if you can focus more on the positive emotions, this can help us squeeze more joy and happiness out of life. Gratitude, being thankful and appreciative, can have a powerful effect on our levels of happiness. It helps to train our brain to notice what's good.

The children used drama workshops, stories and activities in the classroom to think about emotions.

Reception children made emotions necklaces and practised recognising emotions in themselves and others. Year 2 made their own class book of emotional monsters.

