

Feelings and Nature: Sorting Activity

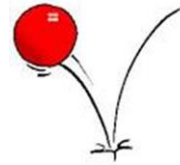
Discuss these examples of nature and ask children to identify what feelings they associate with each one – this could be undertaken as a whole-class (take tally marks), group or individual activity.

The aim is to recognise that some aspects of nature can be scary and we cannot always have control over them – however, when and where we need to we can take sensible care and continue to live alongside these aspects, just like we take care when crossing roads because cars and lorries are dangerous to us. Additionally, not everyone will feel the same way about the same thing – for example, some people may be scared of thunderstorms whilst others may find them exciting – and this is fine.

To extend further, ask children to provide a rating of how often they would worry about that particular issue (red/amber/green rating) and how much it would affect how they live their daily lives – if this is quite a lot, discuss with them what their ‘coping strategies’ are/could be to help them to cope with these uncomfortable feelings.

















If children raise the issue of COVID-19 being part of the natural world, support discussion about how this is a new danger to people but that we are good at working out how to understand and manage dangers – it can just take a bit of time to work out how best to do this.

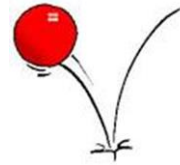
Some suggestions are outlined below – feel free to amend as necessary for your children’s needs.















Aspects of nature

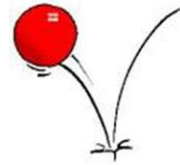
Natural world environment and landscapes:

| | | | |
|---|---|--|---|
| Fields | Seaside/beach | Arctic tundra | Savannah |
|  |  |  |  |
| Mountains | Rivers | Volcanos | Lakes |
|  |  |  |  |
| Jungle | Icebergs | Rainforest | Desert |
|  |  |  |  |
| Swamps | Forest | Valleys | Caves |
|  |  |  |  |



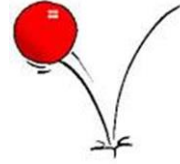
Weather

| | | | |
|---|--|--|--|
| <p>Tornados</p>  | <p>Drought</p>  | <p>Sunshine</p>  | <p>Flood</p>  |
| <p>Heatwave</p>  | <p>Snow</p>  | <p>Thunderstorms</p>  | <p>Rain</p>  |
| <p>Rainbows</p>  | <p>Hail</p>  | <p>Breeze</p>  | <p>Tsunami</p>  |











Animals

| | | | |
|---|---|--|---|
| Rabbit | Snake | Guinea Pig | Ant |
|  |  |  |  |
| Spider | Cat | Seal | Polar Bear |
|  |  |  |  |
| Lion | Caterpillar | Shark | Owl |
|  |  |  |  |
| Fish | Bat | Worm | Whale |
|  |  |  |  |



Feelings

| | | | |
|--|--|--|--|
|  Excited |  Worried |  Happy |  Calm |
|  Angry |  Sad |  Scared |  Safe |

How are you feeling?

| | | | | | |
|--|--|---|--|--|--|
|  happy |  embarrassed |  scared |  nervous |  goofy |  surprised |
|  quiet |  annoyed |  cool |  sad |  tired |  excited |
|  bored |  sick |  frustrated |  angry |  funny |  proud |



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