

5

WHAT'S IN OUR HEART?

SHOW YOUR LOVE AND MANAGE YOUR FEAR

Warm Up

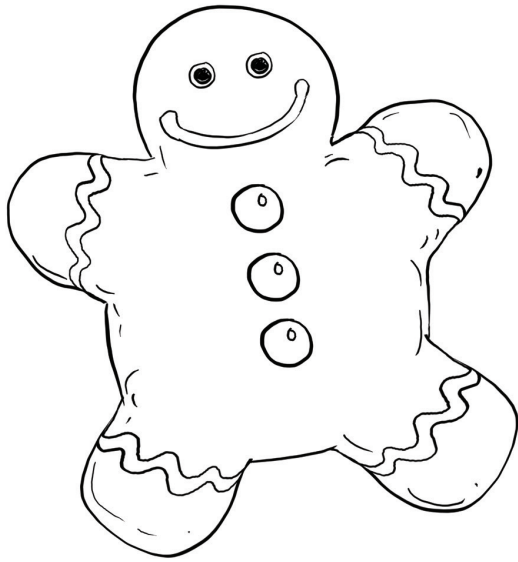
1. In K2 last year, we learnt about the different types of feelings that are within us. Do you remember what they are?
2. Would you like to know more about two of our strongest feelings? Can you guess what these two feelings are?

Let's learn more about 'love' and 'feeling scared'.

Activity A: Show Me Where

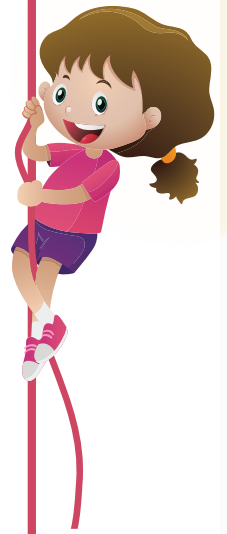
Where in our body do we feel love? Where in our body do we feel scared? Let us do this activity to find out.





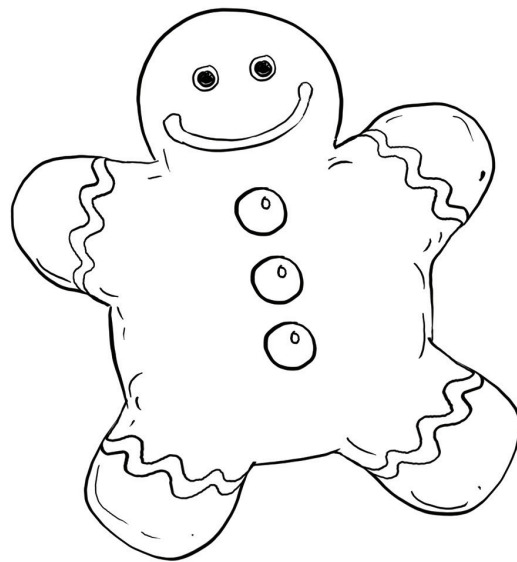
Scared

- What happens to you when you feel scared?
- What colour comes to your mind when you have this feeling?
- Where do you feel scared in your body?
- Using the selected colour, mark this part on the Gingerbread Man.



Love

- What happens to you when you feel loved by someone?
- What colour comes to your mind when you have this feeling?
- Where do you feel love in your body?
- Using the selected colour, mark this part on the Gingerbread Man.



Activity B: Share Your Thoughts

a) Write three things that make you feel scared.

.....
.....
.....

b) Do you feel 'love' when you get a hug from your mother/family members/guardians? What are the other times you feel love? Share at least one situation in which you feel love.



Activity C: The Idea Bowl

Pick a chit from the Idea Bowl that is passed around and do what is written on it.



Activity D: Throw Away Your Fear

On a piece of paper, write three things that make you feel scared. Wait for your teacher to give you a thumbs-up sign. Then crumple the paper and throw it in the dustbin. As you throw it, say, "You don't scare me anymore!" loudly.



Activity E: Love Your Friends

Do you love your friends? Show your love for any three of your friends in class.



Let's Remember

- ❁ *Love and fear are two strong feelings in us.*
- ❁ *Let us show our love for others.*
- ❁ *Let us learn to manage our fear.*



Make your parents/family members/guardians your secret-keeper! When you feel happy and loved, tell them how you feel. Tell them what you plan to do.

In the same way, when you feel scared, tell your parents/family members/guardians how you feel.