

Term 2

# 7: Emotions

## Showing what you feel

We all feel different feelings and **emotions** '. We don't always know what a feeling is called or what we should do when we feel them. It's very common for a person to experience different emotions throughout the day as things happen and situations develop.

### Activity 7.1

Look at the picture below and answer the questions.



1. What do you think the teacher is saying to the boy, and what do you think he is feeling?

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2. What do you think the boy is feeling while the teacher is speaking to him and what does he do?

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3. How do you think the teacher and the boy feels after he has slammed the door?

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4. How do you think the other children in the class feel?

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## **Emotions you feel**

### **Anger**

You become angry when your happiness is threatened and when you stop feeling safe. You may become angry when your feelings are hurt or when you think something is unfair.

### **What to do when you feel angry**

1. Count to 10 slowly before you decide what to do.
2. Kick a ball, go for a run/walk or dance until you are tired.
3. Clean your room, wash the windows or study. Hard work is a good way to get rid of anger.
4. Try to stop thinking of how angry you are.
5. Talk to someone about how you are feeling.
6. Realise that anger is a natural emotion and that we all feel it.

### **Love**

Love is an emotion that makes people happy. You love people and things that give you happiness and make you feel safe.

### **Fear**

You are afraid of things that scare you, give you pain or make you feel unsafe. Sometimes what you fear is real. Sometimes it is something you imagine. When you are afraid of something you can either face up to it or run away from it.

### **Face up to fear**

If you are scared of writing a test, you need to face up to the fear. If you pretend to be sick and stay at home, you are not facing up to what you are afraid of.

### **Run away from fear**

Sometimes you need to run away. If someone is following you or wants to hurt you, you need to run away.

### **What to do**

If you are afraid, try talking to an adult that you trust. Older people have more experience with problems and can often sort them out.

### **Anxiety**

Feeling **anxious** <sup>2</sup> is being a little nervous and afraid. The feeling of anxiety usually stops when what we are worried about goes away.

### **Activity 7.2**

Write about a time when you felt one of these emotions. What did it feel like? What happened? What did you do?

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# 10: Children's rights

Children are protected in a special way in South Africa's Constitution.

Some rights children have:

- to family care, or other care if they are removed from their families. Children need love and security
- to a name and nationality from birth
- to food, shelter and health care
- to protected from abuse and neglect
- to not be forced to do adults' work
- to an education

The Constitution gives us many right and privileges. With these rights come responsibilities.

## Activity 10.2

Read the rights in the frames below. Work out the responsibilities that go with each right.

Complete the sentences.

Rights	Responsibilities
I have the right to go to school	* I must _____ my homework. * I must _____ on time for school. * I must _____ my books. * I must _____ in class. * I must _____ other learners who are Struggling.

Rights	Responsibilities
I have the right to love and security	* I must _____ my space need and tidy. * I must _____ please and thank you. * I must _____ my things. * I must _____ to my caretakers. * I must _____ my caretakers where I am going. * I must _____ with household duties.