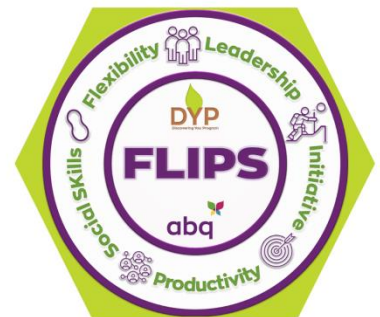




Social Skills



Grade 6



Mentee:

Grade:

Date:

SOCIAL SKILLS ACTIVITY:

Watch the following clip in class:

<https://www.youtube.com/watch?v=nEUzQ7yL9A0>

1. Write down any **four different emotions**.
2. Choose two of the emotions you selected and think of a **situation** where you have felt that way and **write it down**.
3. **Draw a simple face** to match each emotion.
4. Share one example with a classmate and discuss how you handled that situation and feeling.

Example:

1. Upset, guilty, irritated, bored

2. Guilty and irritated

3. I felt guilty when I broke my mum's favourite glass bowl



I feel irritated when my brother teases me

