



## video 1

Psychological challenge  
**TO USE AN EMOTIONS WHEEL  
TO NAME 3 EMOTIONS**

### VIDEO SUMMARY

- This video helps pupils think about different emotions
- The video emphasises why we need emotions and why naming our feelings can be helpful to understand the way we feel

## Lesson objectives

- For pupils to learn more about emotions and what they do for people
- For pupils to learn how to use an emotions wheel
- To try out the psychological challenge during the lesson

### PRE-LESSON

- We have 'triggers' for emotions, 'experiences' of the emotions, and a 'response' to emotions.
- Emotions can be felt inside us and help us to take actions.
- This video is to help us name our emotions using an emotions wheel.

### LESSON DELIVERY

- During lesson ask to name emotions they are experiencing.
- Remind pupils that we can show emotion on the outside, but also feel it on the inside.
- Encourage conversations that express emotions if there are moments in lesson which are challenging.

### POST-LESSON

- Do the pupils understand how to use the emotions wheel?
- Share experiences of helpful and unhelpful emotions.
- Put the emotions wheel up and practice using it in other lessons.

Hello and welcome to School Sport Psychology. In this video you will learn more about emotions, why humans have emotions, how exploring your emotions can help you and finally be given a psychological challenge for your lesson today.

Do you know how many emotions a human being can experience? Go on, have a guess - what do you think? Okay it's more than 10,000 but less than 50,000 - what do you think?

The answer is...34,000. How did you do? Isn't that a huge number of different feelings to experience? It's no wonder that it can be hard to put words to our feelings.

So what are emotions? Scientists find it hard to define. It's because it's not as simple as just saying 'I am sad'. Why? Because there is a 'trigger' to your sadness (a friend being mean). Because there is an experience of your sadness (feeling hurt, crying) and because there's a response to that sad feeling (seeking comfort from a friend showing kindness).

We can see emotions on people's faces easily but also emotions can be felt inside our bodies and it's harder for others to see and can be hard for us to express what we are actually feeling inside.

Why do we need emotions? Well, emotions help us to take action, to survive, strike, and avoid danger, to make decisions and understand others. They also help people to understand us.

In order to think better, be better, Psychology tells us that having the ability to put a name to what you are feeling is helpful to us. It can give you a greater sense of control in challenging situations and can help you develop a plan for moving forward and coping.

Here is something to help you get better at naming your emotions. It is called an emotions wheel. Take a look. (Reference: Robert Plutchik)

This wheel helps people to describe and say how they are feeling using words. You start in the centre, then move to the middle circle and then finally look at the outer circle. And BINGO!! Words to describe your emotions!

Emotions have a certain power over our thoughts and they can make us behave in ways that are helpful or unhelpful to us. By understanding your emotions and being able to express how you feel you can learn the impact they can have on your behaviour.

If you feel you perform well in PE you can experience confidence which can give you positive emotions. If you aren't performing well you can experience a lack of confidence which can give you negative emotions. What emotions does PE give you?

It's time for your psychology challenge today

- Think about how you feel when you do PE today.
- Can you use the emotions wheel and come up with 3 different words that describe how you feel?

Good luck with your challenge - remember learning to use words to describe your emotions is helpful, so try and get good at it!

## Notes/Observations

## References

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