

## Key Stage 3 Homework Assignment Information



<b>Student Name:</b>	<b>Target level</b> n/a	<b>Year Group:</b> 7
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Subject	Date Set	Deadline	Teacher
PSHE	4 <sup>th</sup> May 2010	24 <sup>th</sup> May 2010	All CRS Teachers

Assignment Title/Theme: **My Feelings**

**Objectives:**

- To identify what different emotions or feelings look like and feel like
- To think about when emotions or feelings can become big issues in life
- To think about the best ways of dealing with our feelings or emotions
- To enhance your ability to get on with others

<b>If you find PSHE very difficult, just do task one in the box opposite.</b>	<p>1a) Look at the emotions over the page</p> <p>1b) Pick 2 emotions that are quite different and draw a picture, stick a photo, or cutting from a newspaper or magazine to show what someone looks like when they are experiencing that emotion.</p> <p>1c) Round the picture write information about that feeling or emotion. Include:</p> <ul style="list-style-type: none"> <li>i) What people are thinking in their head?</li> <li>ii) What their face is doing?</li> <li>iii) What feelings they have in their body (butterflies etc)?</li> <li>iv) What their body is doing on the outside (sweating etc)?</li> <li>v) What they want to do?</li> <li>vi) How could this feeling affect others?</li> </ul>
<b>If you find PSHE ok, or enjoyable and you are determined to improve try this too</b>	<p><b>Do task 1 and...</b></p> <p>2) Reply to two of the agony aunt letters, by explaining how best people can deal with their emotional problems.  <i>Think: Is how they feel understandable, why?</i>  <i>What would other people involved be thinking?</i>  <i>What should they do and say to resolve these issues (include why this might be difficult).</i></p>
<b>If you find PSHE easy or enjoyable or if you are determined to improve try this too</b>	<p><b>Do tasks 1 and 2 and...</b></p> <p>3) Research an issue to do with feelings and emotions from one of these websites:  <a href="http://kidshealth.org/kid/feeling/index.html">http://kidshealth.org/kid/feeling/index.html</a>  <a href="http://www.bbc.co.uk/switch/surgery/advice/body_mind/">http://www.bbc.co.uk/switch/surgery/advice/body_mind/</a>            What did you find out and why do you think this is an important issue?</p>
<p><b>What you have to do to succeed:</b>            Attempt as many tasks as you can. Put plenty of time, effort and thought into each of the tasks. Do the task in bits over a few weeks. It is meant to be a project, so please don't try to do it all in one evening.</p>	

## Resources and Websites:

- 1) Assignment task sheet: My Feelings
- 2) Friends and family to talk with.
- 3) The internet, including these websites:  
<http://kidshealth.org/kid/feeling/index.html>  
[http://www.bbc.co.uk/switch/surgery/advice/body\\_mind/](http://www.bbc.co.uk/switch/surgery/advice/body_mind/)

## General guidance for parents

### You can help by:

- Ensuring at least 3 hours are spent researching, developing, drafting, reviewing and producing homework to the best standard possible.
- Making sure work is handed in by the deadline.
- Noting at the end of the homework any problems experienced by the student.
- Checking there is no plagiarism, ie. downloading/copying from the internet or books.

*Students should read the material, make bullet points, write rough notes in their own words, draft and then develop these notes in their own words into their final piece. Plagiarism leads to coursework being disqualified at GCSE/A level. Plagiarised work will not be accepted by teachers.*

### Please do not:

- do any part of the work for your child
- give extensive guidance; the student must be able to understand the task for themselves and teachers understand what students can/cannot do.

## Feelings/ Emotions List

Ecstatic	Confused	Friendly
Terrified	Lonely	Jealous
Proud	Sad	Happy
Angry	Caring	Flustered
Worried	Depressed	Cross
Scared	Strong	Sympathetic
Petrified	Gloomy	Confident
Resentful	Calm	Cheerful
Shy	Serene	Courageous
Glad	Disgruntled	Eager

## Agony Aunt Letters

Dear Miss Agony,

I am 12 years old and I have just started my new school. I would like to make new friends but my best friend from primary school gets upset whenever I talk to anyone new. I want to stay friends with him but I also want to have a bigger circle of friends.

What can I do?

Yours truly,

Confused

Dear Miss Agony,

I love drama and I would do anything to be in the drama group. I have just gone to a new school. I haven't made many friends yet. The group of friends I am with all think drama is 'stupid' and I don't want to lose them.

There are auditions for the play next week. What can I do?

Please help.

Scared

Dear Miss Agony,

I am in trouble. For homework in English we have a long project. The teacher keeps on going on about it and how important it is. I spent ages and ages doing research. I took loads and loads of stuff from the internet. The teacher says if we just cut and paste they can always tell and we will get into trouble. I have to hand in the project tomorrow and I have got nothing!

My mum will be furious if I get into trouble. You are my only hope.

Yours,

Poorly organized

Dear Miss Agony,

Please help me! I am so worried. My mum and dad split up ages ago and I live with my mum. My mum is getting married again and her new husband is moving to France. She wants me to come with her but I don't want to leave my new school. I don't mind staying with my dad but I know my mum will be upset.

Yours,

Worried