



Who is Fitzy Fox?

Social & Emotional Learning Worksheets for
Teachers/Counsellors

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FEELINGS

We have many different feelings or emotions every day. Our feelings, like our thoughts are extremely important and are the basis of our actions/what we choose to do.

We can learn to recognise our feelings and learn to understand where they come from. We are then more likely to be able to manage them. For some this learning may happen easily while for others it takes time and help from other people such as counsellors or therapists. And this is OK. Understanding ourselves is a life long journey; sometimes hard, sometimes exciting and always worthwhile.

'Think about Fitzy Fox. What feelings did he feel in the story?'

Brainstorm with class. Answers may include

- Confused
- Sad
- Annoyed
- Uncertain
- Nervous
- Disappointed
- Sorry
- Amazed
- Happy
- Excited

Explain the task: *Think of 3 feelings Fitzy Fox has in the story and think of a time when you have felt a similar feeling. Jot down/draw when you felt this and what caused you to feel this way.*

