**What to do today**

*IMPORTANT Parent or Carer – Read this page with your child and check that you are happy with what they have to do and any weblinks or use of internet.*

**1. Watch the video-message again**

* Watch Laura Smyth’s message again. What do you notice new when you watch it this time?

<https://www.youtube.com/watch?v=B4lraxptJjs> \*

* Look at the *Film-Stills*. Where in the message do you think these come? What emotions do you think that Laura is showing in each of these stills?

**2. Investigate emotions**

* Read *Emotion Words*. Circle and then find out about five words that you don’t know. You could use a book dictionary or this online dictionary:

<https://kids.wordsmyth.net/we/>

* Write definitions in your own words.
* Choose and write 3-5 *Emotion Words* for each of the pictures on *Film-Stills.*

**2. Write and perform your own message**

* Choose three of your ideas from Day 1.
* Try speaking about them out loud. Then write a *Script* to use.
* Perform your script. Make a recording if you can and plan to watch it again in six months’ time.

**Try this Fun-Time Extra**

Share your message with others. Ask them what they would include in their own messages. Maybe they can record one too?

*\*This video is opens with the line, ‘Pity about the weight gain…’ so if you want to avoid this, start at 13 seconds in.*

**Film Stills**

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**Emotion Words**

abashed, admiring, adoring, anxious, apologetic, appalled, appreciative, apprehensive, ardent, ashamed, attached, attentive, awful, awkward, baffled, bashful, befuddled, belittled, buoyant, careful, cautious, chagrined, chaotic, chastened, cheerful, cheerless, defeated, defensive, dejected, delighted, demoralized, depreciated, distressed, disturbed, dizzy, doting, down, downcast, downhearted, dry, ebullient, ecstatic, elated, elevated, embarrassed, fearful, fed-up, feeble, fervent, fidgety, fine, finished, flawed, flustered, foggy, gratified, grim, grouchy, guilty, horrified, hostile, huggy, humble, humiliated, ill-tempered, impatient, imperfect, incapable, incensed, insignificant, insulated, jovial, judged, jumpy, keen, kind, kind-hearted, lacking, left-out, leftover, let-down, light-hearted, marooned, meek, melancholy, merry, miffed, minimized, miserable, moody, morose, mortified, neglected, nervous, offended, outcast, outraged, overjoyed, overwhelmed, panicky, partial, passionate, rattled, ratty, reeling, regretful, rejected, remorseful, rueful, ruined, satisfied, scared, scorned, seething, serene, shaky, shamed, shamefaced, sheepish, shocked, shy, sympathetic, taken-aback, taut, tearful, tender, tense, terrified, terror-stricken, trusting, uncertain, uncherished, uncomfortable, unconvincing, vengeful, vibrant, vindictive, warm-hearted, watchful, weak, weepy, wired, wishful, withdrawn, woeful, worried, worshipful, worthless, wounded, wrecked, yielding, zealous.

**Script**

*Write your script here.*

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