

# 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 down 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?

**Film Stills**

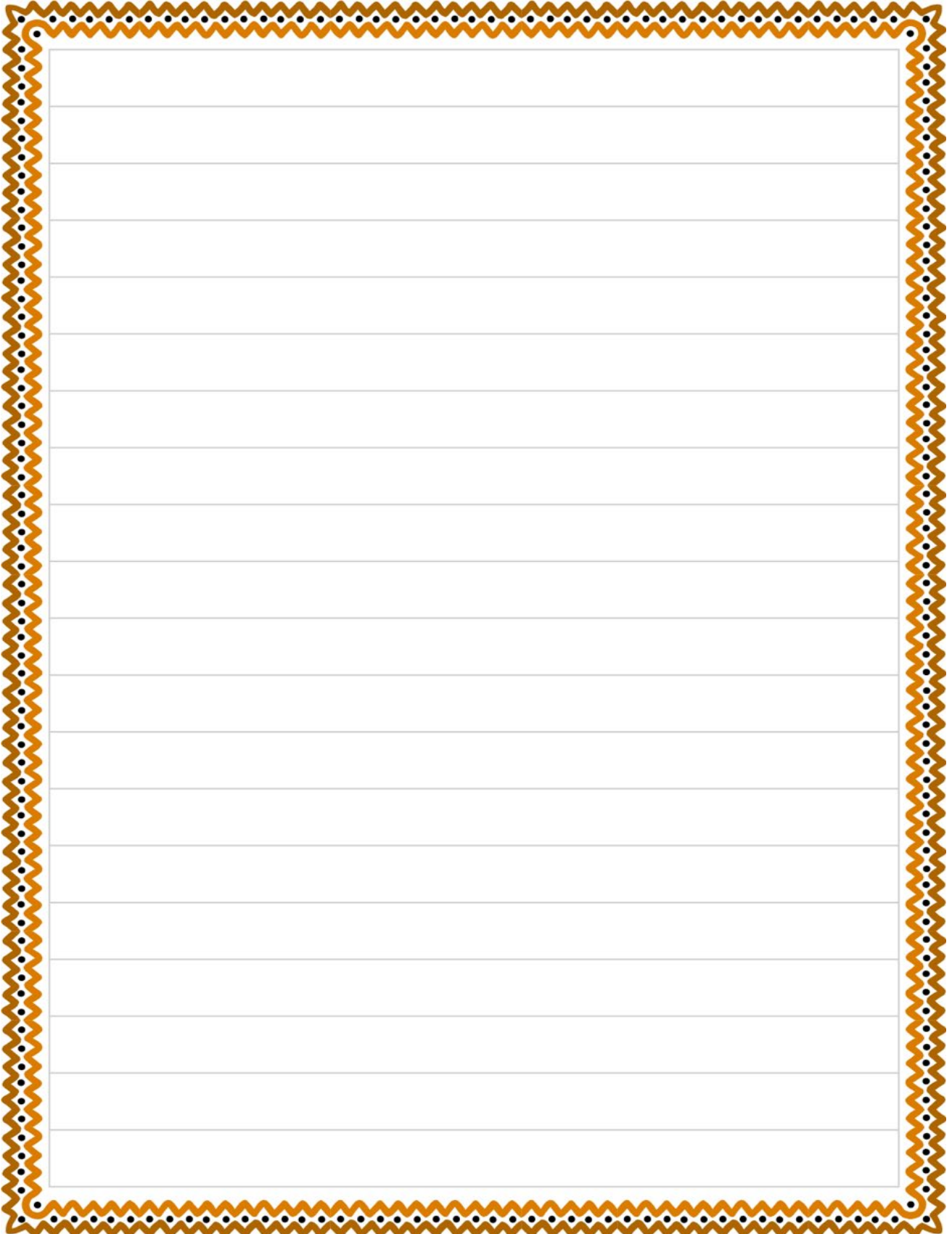


## Emotion Words

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.*

A large rectangular area with a decorative orange and black border. The border consists of a repeating zigzag pattern of orange lines with small black dots at the peaks. Inside the border, there are 20 horizontal lines, creating 19 rows of space for writing.

