

# OKIDO Science Learning Pack

**Topic: Emotions**

Watch  
Messy Goes to OKIDO

1



Discuss the science

2



Make-and-do activity

3



Doodle and draw

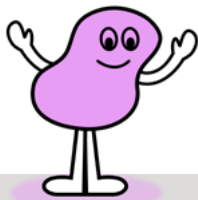
4



40-45 min  
Science  
Workshop

**Meet our science friends over at Mind Station & learn about emotions with Ava & Messy**

**MIND**Station



# 1

## Watch Messy Goes to OKIDO



## Tummy Flutters

### Tummy Flutters

It's the OKIDO circus today, and Messy is worried about performing his triple flip. Will his friends be able to help him conquer his tummy flutters before the audience arrives?

Watch on  
BBC iPlayer  
(UK only)

<https://www.bbc.co.uk/ip-layer/episode/m001c98m/messy-goes-to-okido-series-3-1-tummy-flutters?seriesId=m001c98n>

Watch on OKIDO  
website  
(UK & overseas)

<https://www.okido.com/watch/>

# 2<sub>a</sub> Discuss the science



What is happening to Messy?



Is Messy hungry?



Are some socks dancing in his tummy?



Is Messy worried about doing his acrobatics?

# 2<sub>b</sub> Discuss the science



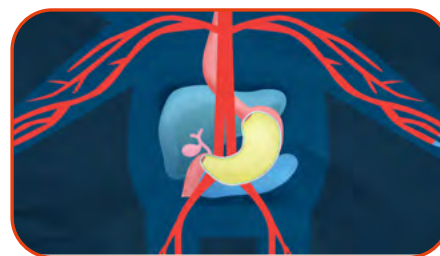
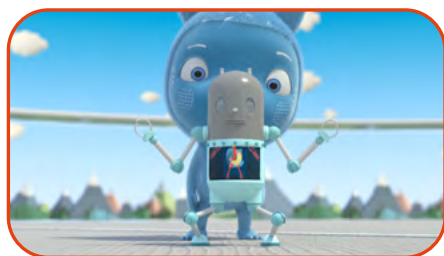
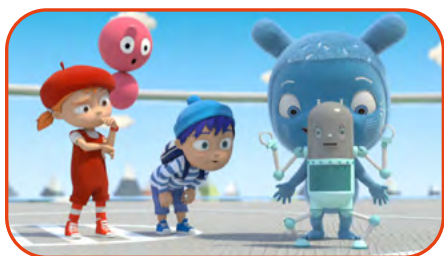
What does Mayor Oki do when he is worried?



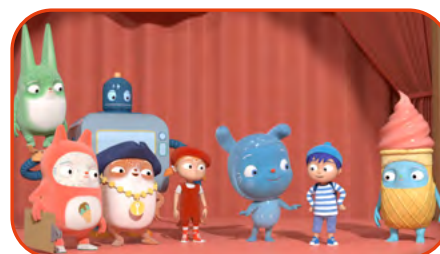
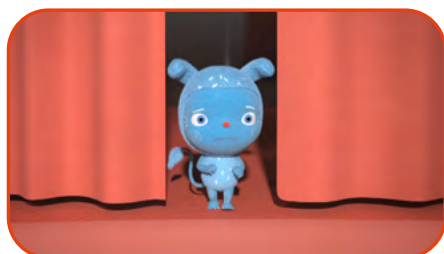
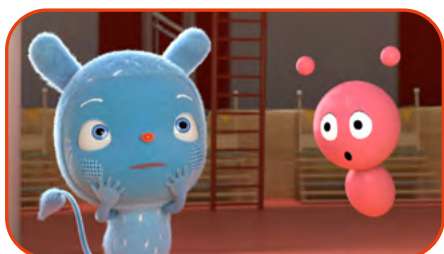
Let's do some deep breathing with Messy!



What do they see when the Robot scan machine looks inside Messy's tummy?



Can Messy do the big finale?



# 2c

## Discuss the science



### Spot the emotions!



- happy
- sad
- worried



- happy
- sad
- worried



- happy
- neutral
- worried



- happy
- neutral
- worried



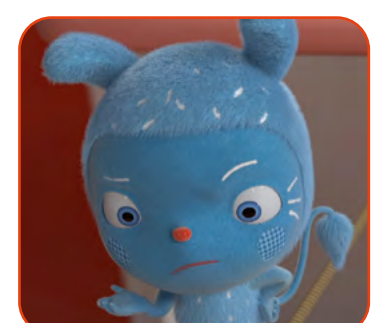
- happy
- thoughtful
- worried



- thoughtful
- scared
- worried

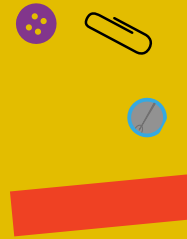


- amazed
- sad
- scared



- happy
- sad
- worried

# 3 Make-and-do activity



## Mime the Feeling Chatterbox!



1 Cut page out along the dotted line



*(your print will look different)*

2 Fold the corners into the centre



3 It should look like this



4 Flip over and fold corners into the centre...



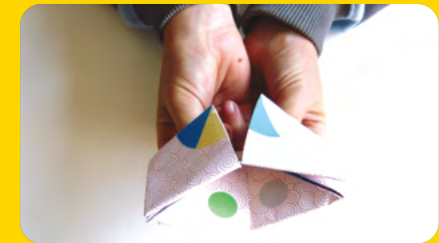
5 ...until you have a square again



6 Fold the square in half



7 Unfold and fold in half the other way



8 Put your fingers inside.



9 Now you can flip between the two diamond shapes



10 Ready to play?  
Ask for a number!



11 Open and close the chatterbox as many times as that number



12 Pick a colour, open the flap and mime the emotion underneath!

# Mime the Feeling Chatterbox!

Print and cut page out along the dotted line. Your page should be square

**You feel happy**

**You feel sad**

**You feel fear**

**You feel surprised**

**You feel angry**

**You feel disgusted**

**You feel in love**

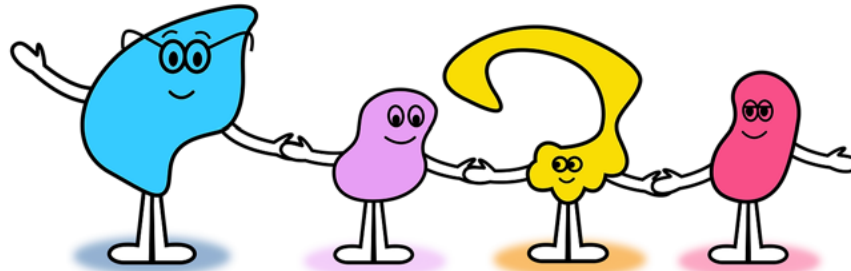
**You feel worried**



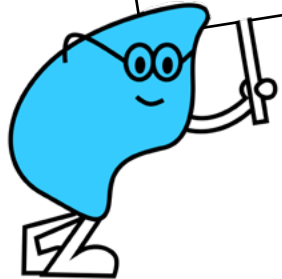
# Meet the brain team

Hello! Did you know we live inside your head? Are you ready to get us out of bed?

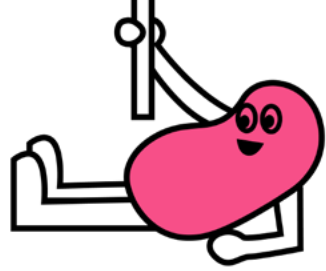
Can you spot us on the brain? (draw a line)



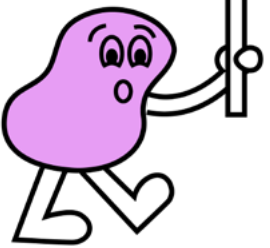
I'm **Piko**.  
I think!



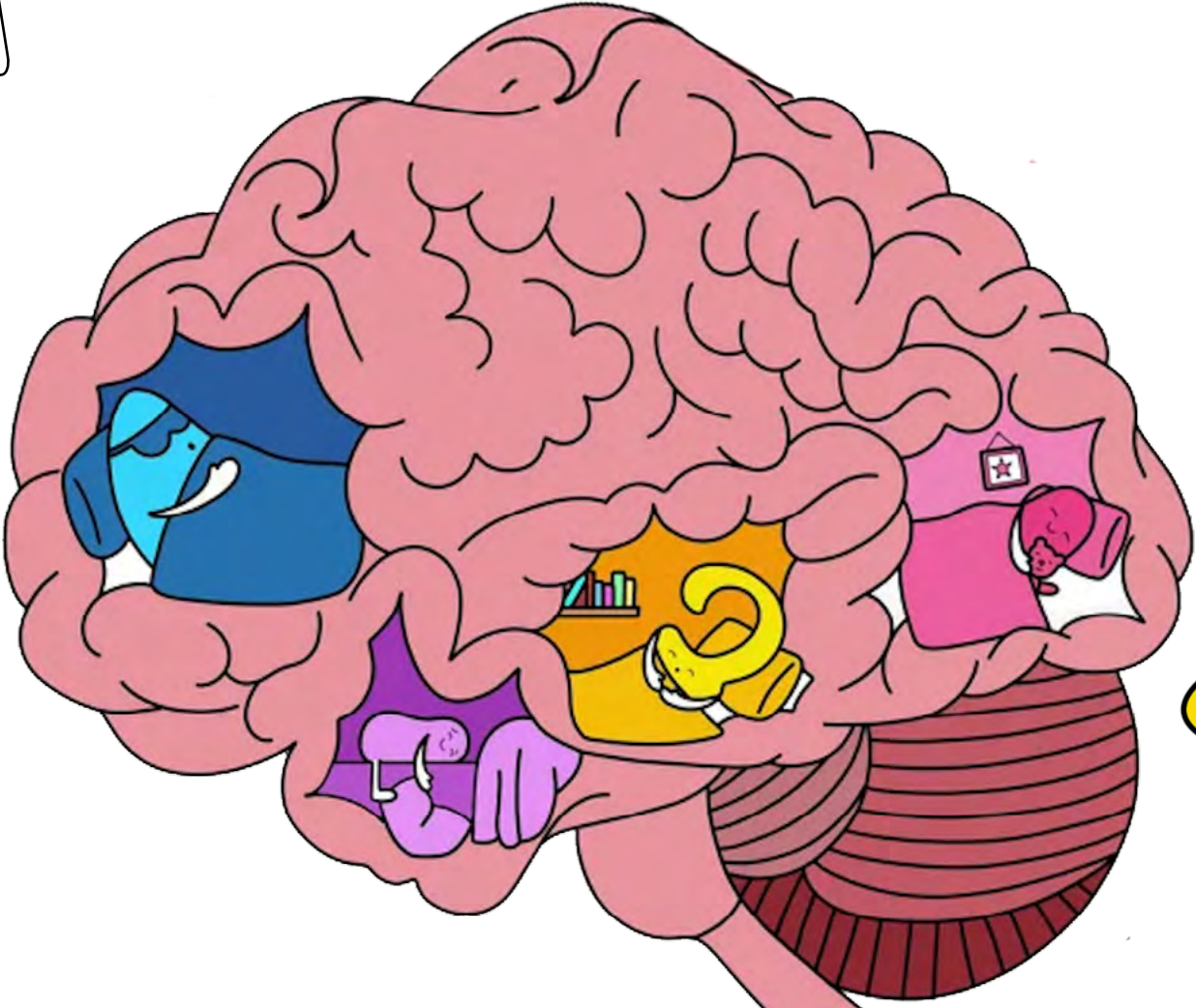
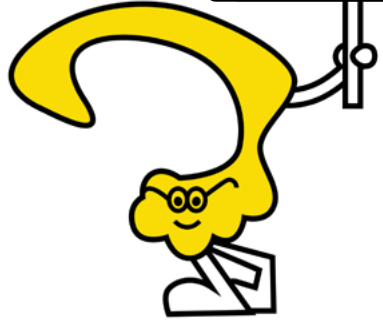
I'm **Vee**.  
I see!



I'm **Ava**.  
I'm the emotions and feelings inside of you!



I'm **Harv**.  
I remember!





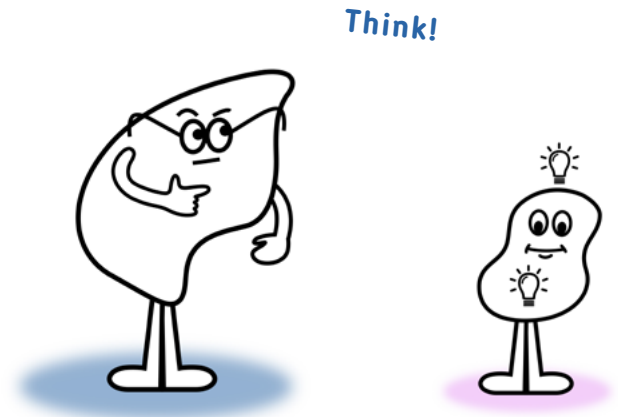
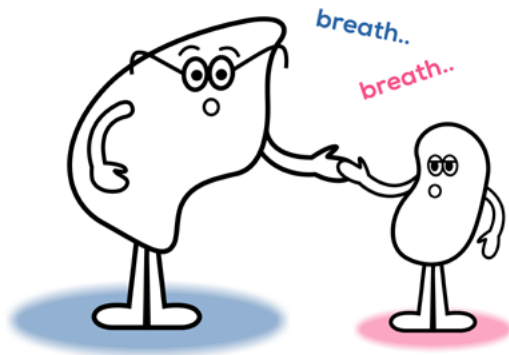
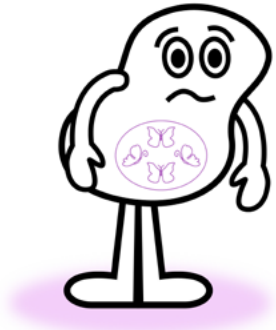


# Colour us in!



Are you worried Ava?  
Tummy flutters?

Let me help!



# Rainbow breathing with Vee and Messy!

1. Point both index fingers outwards like your pointing at your friend.
2. Breathe in through the nose and make a rainbow with your index fingers, like you're drawing an imaginary rainbow
3. Breathe out through the mouth like your blowing through a straw, bringing your index fingers down to come back down the rainbow
4. Repeat for 5-10 breaths and notice your brain team relax
5. Fun fact! We can also do this with drawing - have a go with your coloured pens and colour in Messy's rainbow!



## How to relax with Messy

Take a deep breath,  
close your eyes and  
imagine a blue sky. Can  
you see lots of funny  
clouds? Imagine what  
they could be...



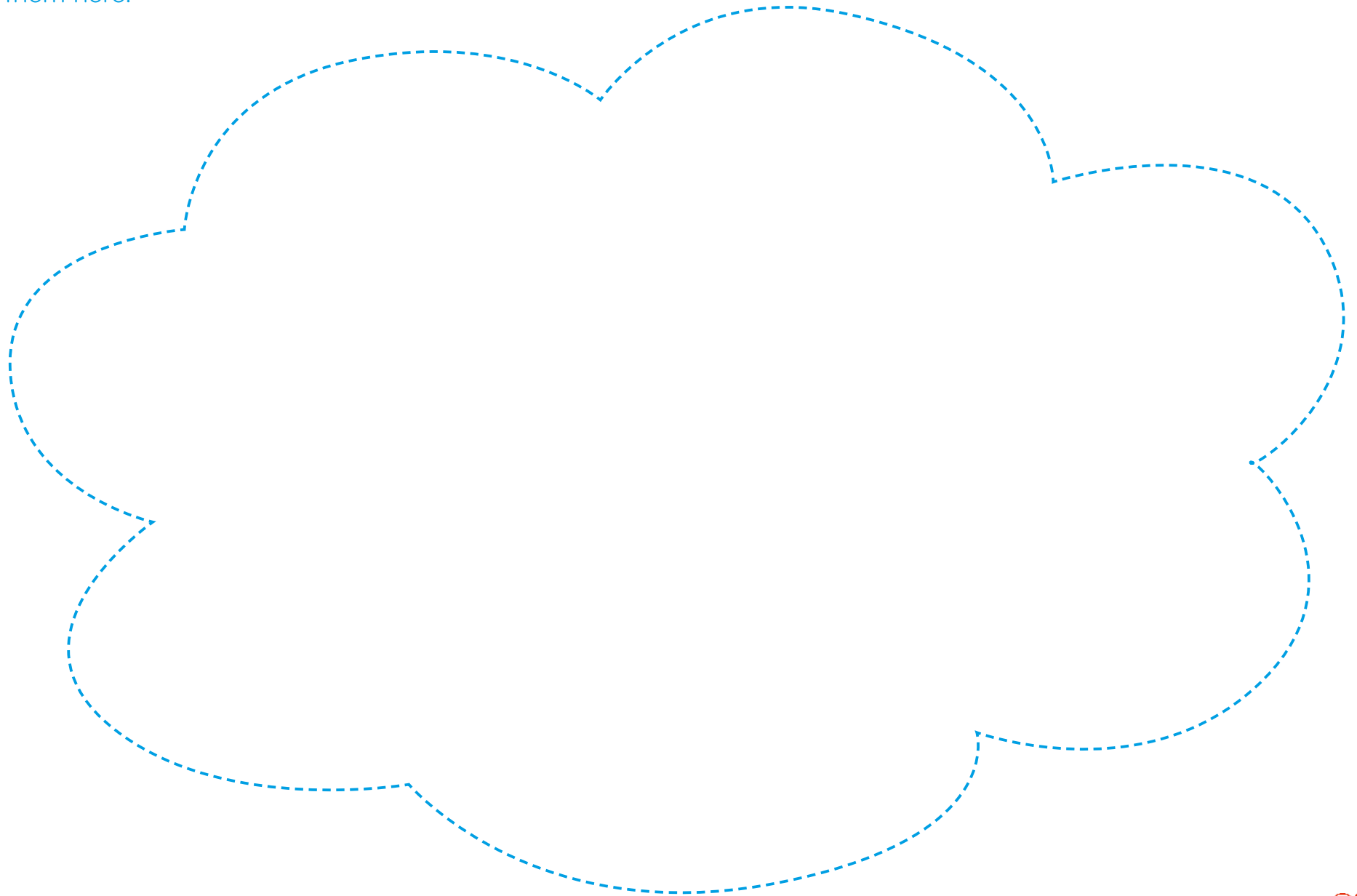
# 4

## Doodle and draw



My brain is full of good ideas!

Draw them here:



## More from

OKIDO has partnered with Mind Station to develop this activity for 3-7 year olds. Mind Station helps children understand their unique brains, fostering courage and confidence. Mind Station also offers bespoke coaching programmes to support families seeking to enhance their 7-12 year old's confidence and emotional resilience.

Mind Station Coaching was founded by Chloe Francesca, former primary teacher and expert child and parent coach.

**Visit** [www.mindstationcoaching.com](http://www.mindstationcoaching.com) to find out more or to sign up to the weekly mind Station newsletter. You'll find the sign-up box at the bottom of the page.

**Meet the brain team** [www.mindstationcoaching.com/video](http://www.mindstationcoaching.com/video)



## More from

**OKIDO Blog:** <https://www.okido.com/blog/>

**Free Resources:** <https://resources.okido.com/free-resources>

**OKIDO Magazine:** <https://store.okido.com/collections/okido-subscriptions/products/okido-subscription-uk>

**Messy Goes to OKIDO on YouTube:** <https://www.youtube.com/@MessyGoestoOkido>

**Messy Goes to OKIDO on BBC iPlayer (UK only):** <https://www.bbc.co.uk/iplayer/episodes/b0bpmqrm/messy-goes-to-okido>

**OKIDO Reviews:** <https://www.okido.com/okido-reviews/>