LO: To explore emotions

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| Negative |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 0 – 30 seconds | 30 seconds – 1 minute | 1:30 – 2 minutes | 2 minutes – 2:30 | 2:30 – 3 minutes | 3 minutes – 3:30 | 3:30 – 4 minutes | 4 minutes – 4:30 | 4:30 – 5 minutes | 5 minutes – 5:30 | 5:30 – 6 minutes | 6 minutes – 6:30 |