

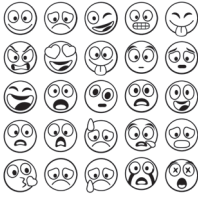



Activity 13

I Recognise When I Am Feeling... (e.g. Scared, Angry, Hurt, Happy, Relaxed, etc.) Because I Show It Through My...

Draw/sculpt/write/collage your answers. It might also be helpful to think about how other people and characters show their different feelings through their body, words, facial expressions, and behaviours.

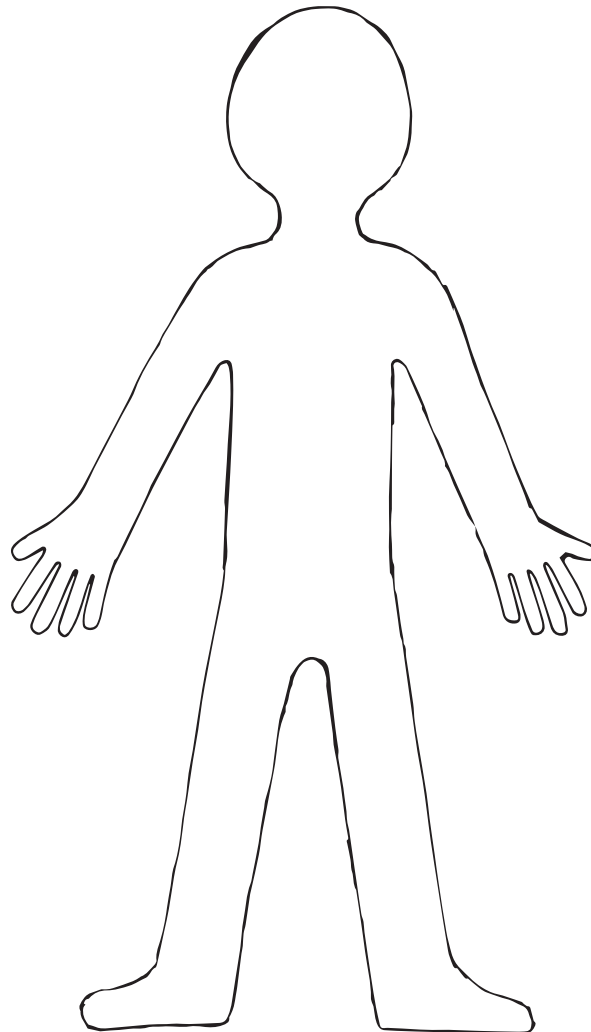
<p>Body</p> 	<p>Words</p> 
<p>Facial expressions</p> 	<p>Behaviours</p> 

Activity 14

Draw Where and How You Feel These Different Feelings in Your Body

If these feelings were a colour, a shape, or a thing, what would they be? If they had a voice and could talk, what would they say? Can you think about a specific time when you have felt these feelings?

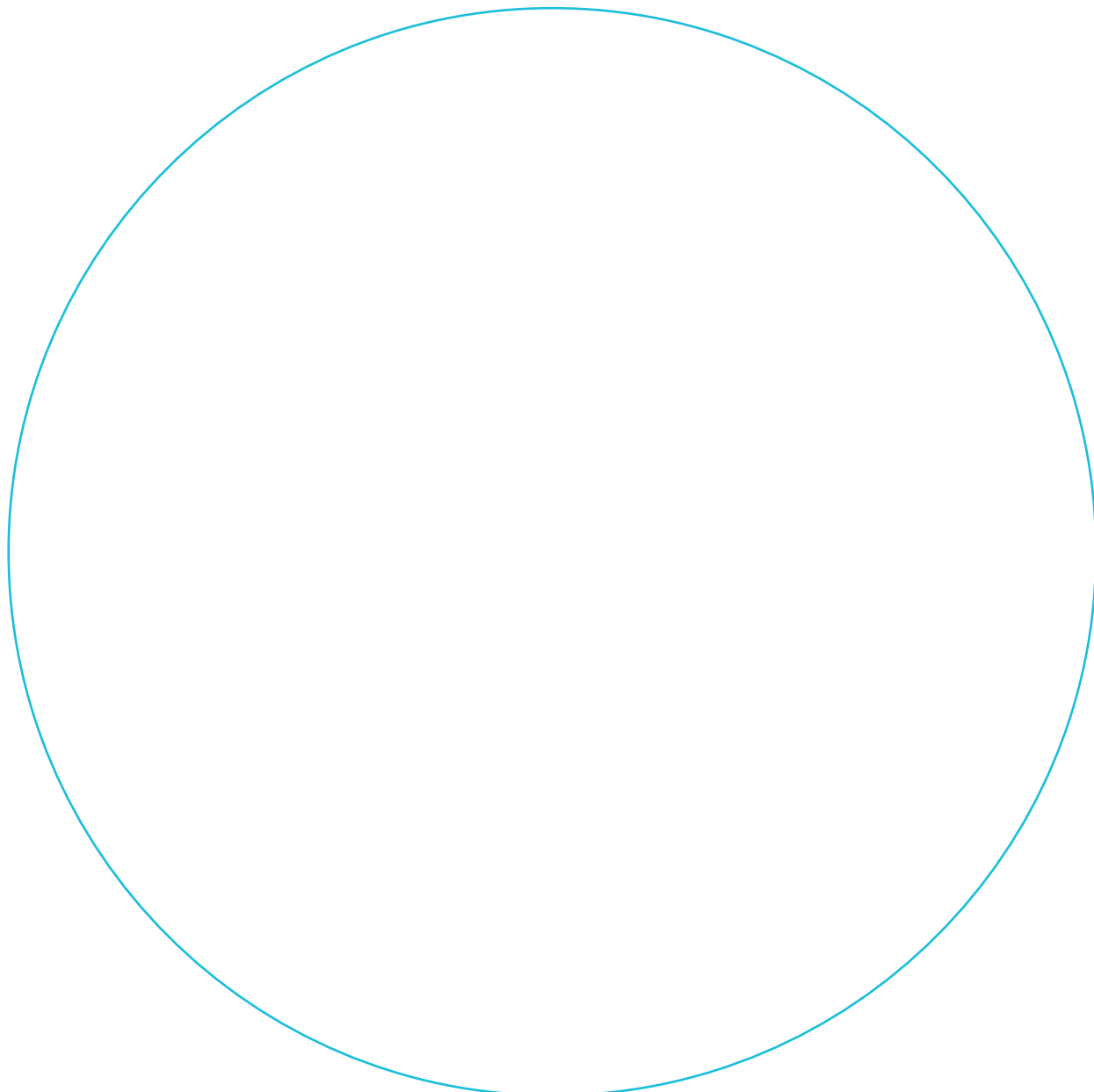
Sadness	Fear/ worry	Anger	Hurt/pain	Shame	Joy/ excitement/ happiness	Calm and relaxed	?
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Activity 15

Feelings Wheel

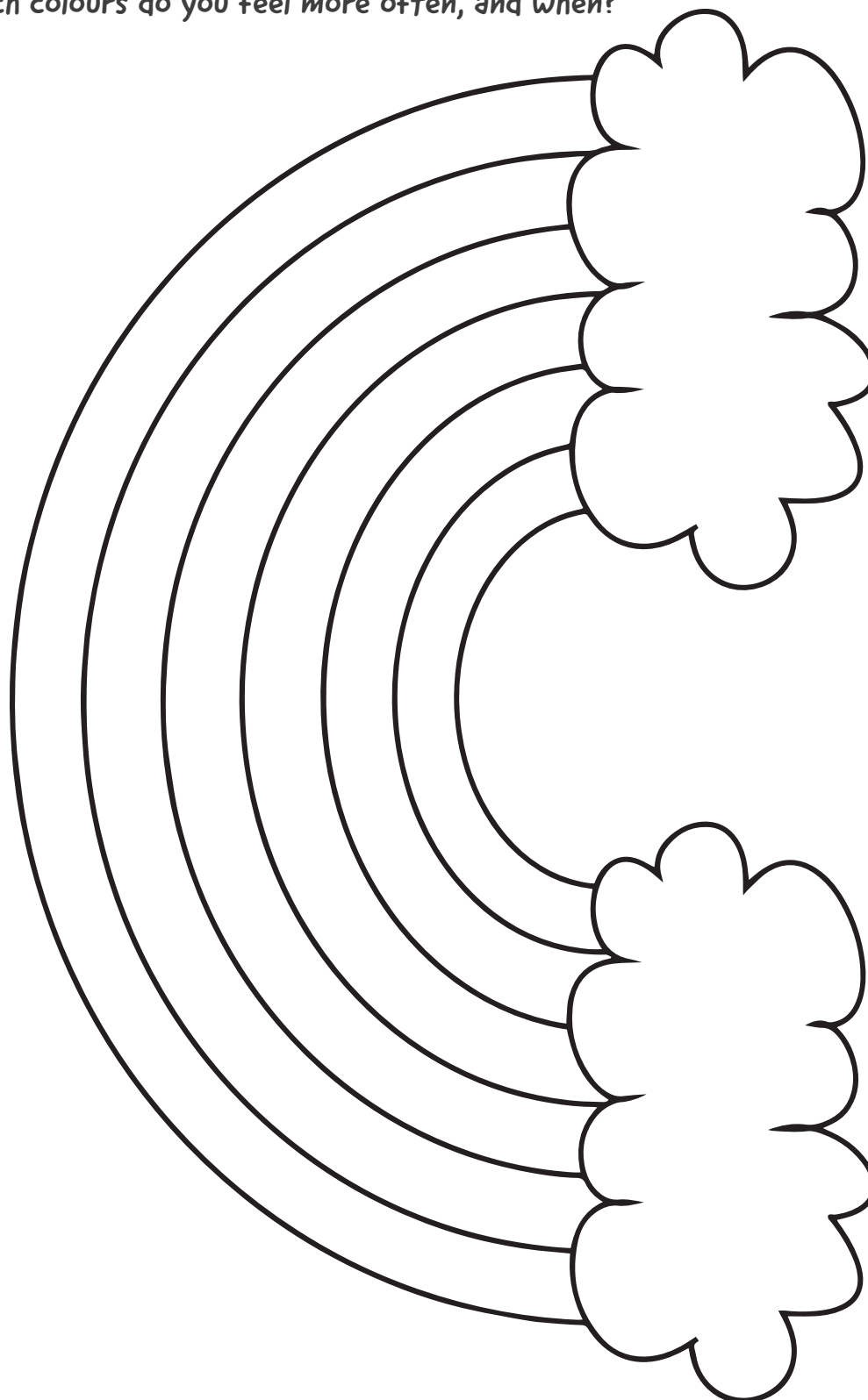
You might prefer to call this a Feelings Pie, Pizza, or Cake. Split the circle into different slices – each slice can represent a different feeling. The slice can be a different shape, size, colour, pattern, materials, and so on. You might use this to show how you are feeling in general (like ‘Today I feel...’) or it could be about something more specific, such as how you feel about starting school.



Activity 16

Rainbow of Feelings

Write down or draw all of the different feelings which you can have. You can also then choose what different colours go with the different feelings. What makes certain colours shine more brightly and be stronger? Which colours do you feel more often, and when?



Activity 17

Feelings Colour Thermometer

Choose a different word or phrase to represent the feelings for each colour. For example, green might be calm and cool as a cucumber, and red might be raging like an exploding volcano. Then you can colour them in and choose which colour you would place yourself at different times. This helps us learn a bit more about our feelings and helps us catch them so that we can talk about them, or do something to help us move down to a different colour.

BLACK

RED

ORANGE

YELLOW

GREEN

BLUE