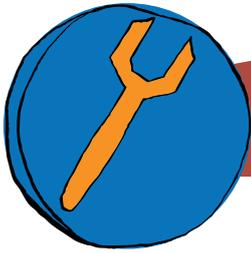


KEEP ME SAFE



TOOL 1C: HOW I'M FEELING

LINKED TO:

- Sections 1.4, 1.5, 1.6, 1.7, 1.8, 2.1 & 5.13



WHY?

- To hear from children about how they are feeling
- To give children permission to talk about or express their feelings in a safe and non-threatening way

.....

This exercise can be used repeatedly. Faces can be put up on the wall or the fridge. If someone is experiencing difficulties and unable to communicate verbally, you can point out the faces or even play a guessing game with them – say, Tom looks anxious about something, you can say: 'now, I'm guessing that this face matches how you are feeling.' (Guess the right face, or if you know they will respond to a bit of humour guess the completely wrong face and keep going until you get it right.)



WHO WITH?

- Children as individuals, in groups or as a family
- Great for young children aged 4 onwards



TIME?

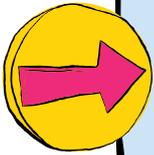
- 5 - 15 minutes



YOU'LL NEED?

- Copy of the feelings sheet
- Textas, crayons or magnets [if you want to do it on a fridge or magnetic board]

KEEP ME SAFE



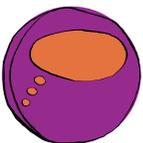
WHAT TO DO:

- Begin by discussing feelings and introducing the feelings page. Stress the point that it's OK to have any feeling: sad, happy, angry. Sometimes it's hard to find them or talk about them but that's OK.
- Ask the children about the faces: 'how is this child feeling?', 'which child looks happiest?', 'what do you think might have happened to this child?'
- Ask a few questions that show how the feelings page might be used to capture your feelings 'I had a birthday party on the weekend. Which face do you think describes how I felt when I was playing games with my kids?', 'which picture might describe how I'm feeling right now?', 'which feeling is most like yours at the moment?'
- Get children to circle the feelings they have about what's happening in their lives or use the empty boxes to add their own – for example 'circle the face that shows how you feel about living here'.
- Ask questions like:
 - 'I wonder what happened that you feel...[angry/sad/confused] about?'
 - 'Sometimes it's hard to use words to say how we feel and so I look at the faces and I can see two that I felt today. When I stubbed my toe on the door I felt like this [point to picture], but that only lasted a little while; when we were playing football I felt [point to the picture] like this – what name would you give those pictures?'
 - 'When you think about your future how do you feel?' (With 7 years upwards only, as 'the future' won't make sense to younger children)



SOMETHING DIFFERENT?

- You might want to laminate and cut up a copy of the feelings page and put all the feelings out and have children pick out faces that describe how they're going
- Cut-out faces can be used to develop a timeline ('My Journey' exercise in the All About Me booklet) of a day, week or period of a child's life. 'How did you feel at the start of the day?', 'Later in the day?', 'what happened to make you change from being happy to sad?'
- Use a clay face and get kids to sculpt feelings (see Tool 5B: Clay Faces)



TO THINK ABOUT:

- Kids at different ages and stages will have different abilities in regards to understanding and naming emotions. Be mindful that kids will think differently: this is OK!
- With older kids gauge to see whether they think the faces are too childish: if they are find another one (there are a few online) or get them to make their own faces.



HAZARD ZONES:

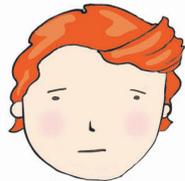
- It is important that children are encouraged to express their feelings so try not to understate, compensate or minimise kids' emotions by saying things like 'it can't be that bad' or 'cheer up, things are gonna be better' or 'it sounds like you're taking it too personally'. Let the kids express themselves before acting upon them.

KEEP ME SAFE

How Are You Feeling Today?



Pleased



Lonely



Scared



Curious



Hysterical



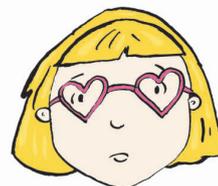
Trusting



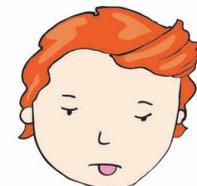
Jealous



Exhausted



Frightened



Bored



Shocked



Ecstatic



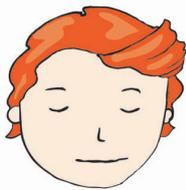
Frustrated



Content



Shy



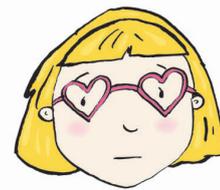
Tired



Sorry



Overwhelmed



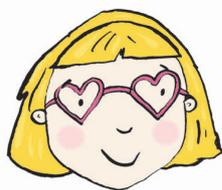
Guilty



Sad



Alarmed



Hopeful



Angry



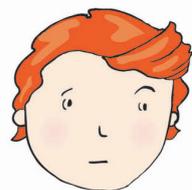
Happy



Depressed



Worried



Confused



Something else?