

PHASE 2: Understanding feelings (Minimum 2 hours)

Aims	Learning Outcomes	Activities	Resources
<p>To support participants in understanding their feelings and to normalise these.</p> <p>To establish who the important people are in the participant's life and start to introduce a range of feelings in relation to these people.</p>	<ul style="list-style-type: none"> • Participants start to understand some basic feelings appropriate to their cognitive level. • Participants will identify who the important people are in their life. • Participants will begin to link feelings to the important people in their lives. • Participants will continue to practise relaxation / mindfulness. 	<ul style="list-style-type: none"> • Feelings - Match up feelings card to an activity e.g. happy - party / sad - sore finger / worried - someone not there / excited - birthday / angry – iPad not working. Encourage participants to share experiences of times when they have felt different emotions. • Feelings games. (Facilitators can judge what is appropriate for the group). • Feelings thermometer - use colour cards red / amber / green or scale appropriate to setting. Support participants to associate feelings with experiences they have had. • Stick pictures of family/important people in their lives onto workbook. • Relaxation / mindfulness techniques. • End of session feedback from group members. 	<ul style="list-style-type: none"> • <i>Boardmaker</i> feelings flashcards – today I feel • Lego – today I feel • Feelings social story • Emotion wheel • Colour the shape feelings • Emotions cut and stick • Emotions Jenga • Feelings scenarios • Inside Out (size of feelings) • Inside Out (colouring) • Inside Out (game of emotions) • Talk about my feelings (<i>Boardmaker</i>) • Feelings role play game – ‘Simon Says’ • Rice cake feelings • If you are happy and you know it song • Feelings and verb sentences • Young person post-session recording sheet • Young person post-session questions • Relaxation script(s) • Mindfulness cards/scripts

EVALUATION OF PHASE 2: Understanding feelings**FACILITATOR:****DATES:****Some prompts for Facilitators to reflect on:**

1. What activities did you deliver?
2. Was the content delivered as it was designed or did you have to differentiate any of it?
3. What activities worked well / not so well?
4. Do you think the young people understood these activities? How did you know?
5. What could make this activity/session better?
6. Are there additional notes needed to accompany this activity?
7. Was there enough of a range of activities for each developmental stage to meet the needs in your group?
8. Were there enough practical/fun activities vs discussion and relaxation?

PHASE 2:
Emotions and
Feelings

RESOURCE SHEET _

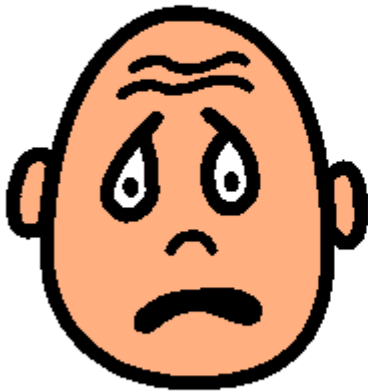
Today I feel

A large, empty rectangular box with a thin black border, occupying the lower half of the page. It is intended for a drawing or a written response.

RESOURCE SHEET _

Boardmaker Emotion Flashcards

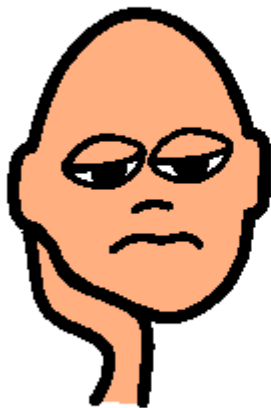
afraid



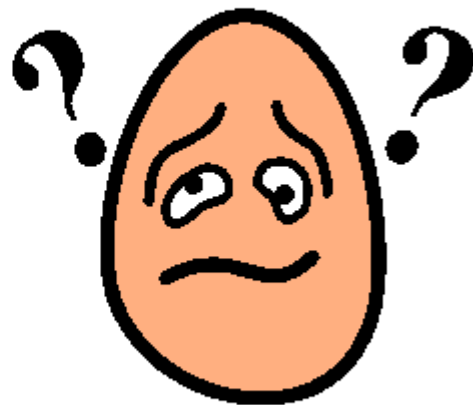
angry



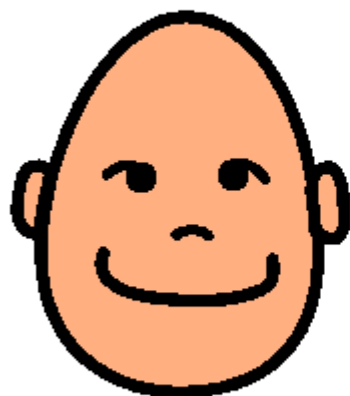
bored



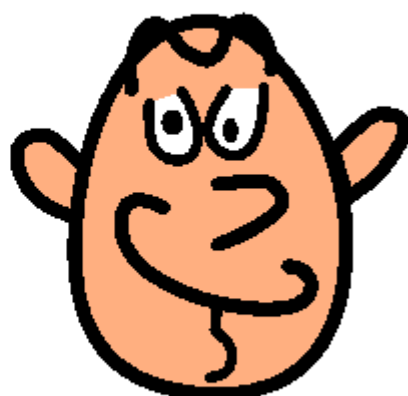
confused



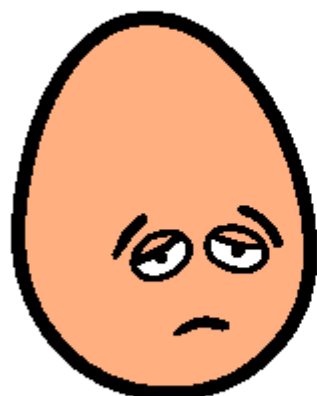
content



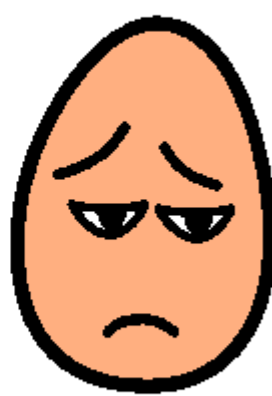
crazy



depressed



disappointed



embarrassed



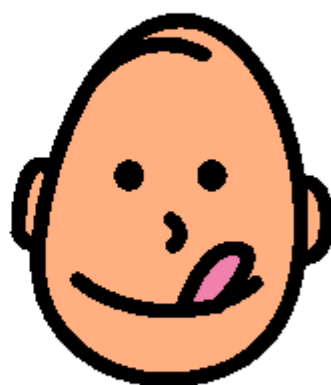
excited



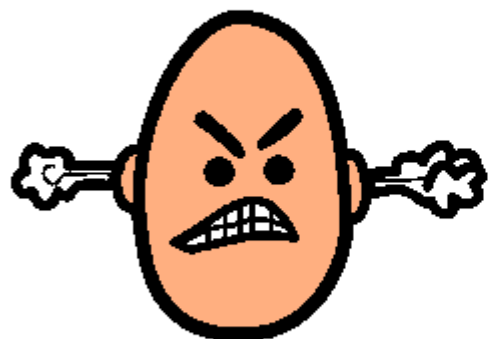
frustrated



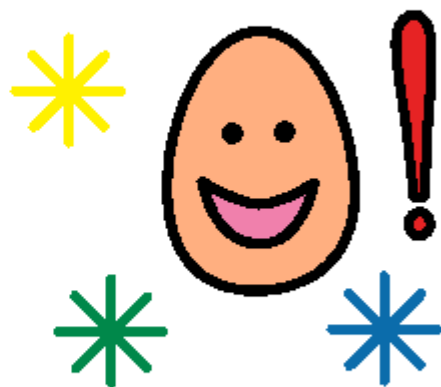
good



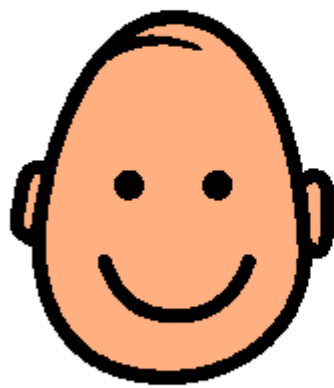
angry



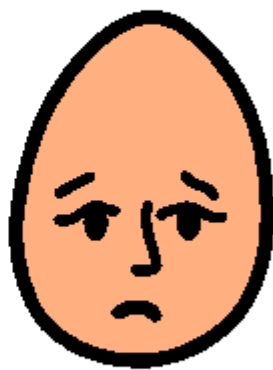
great



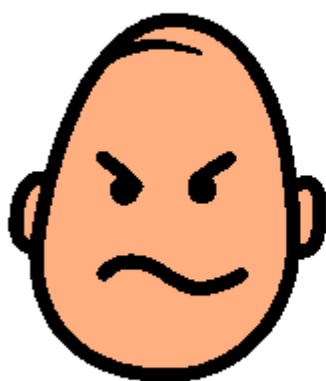
happy



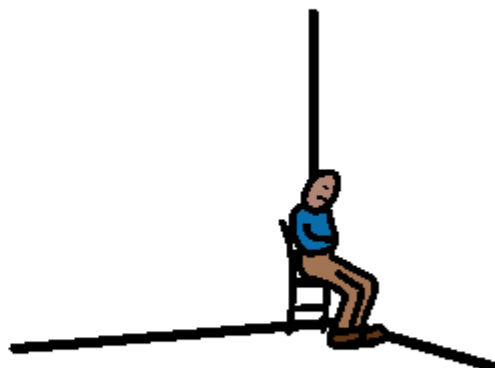
hurt feelings



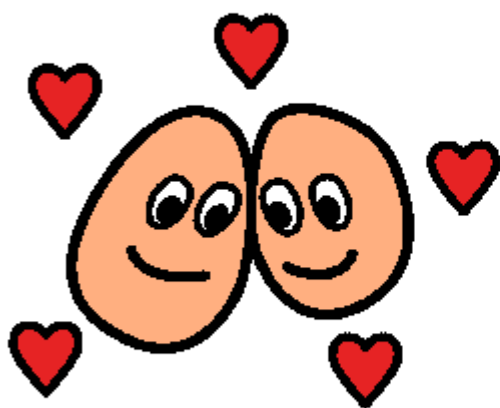
jealus



alone



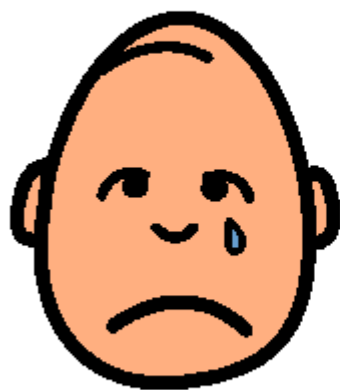
love



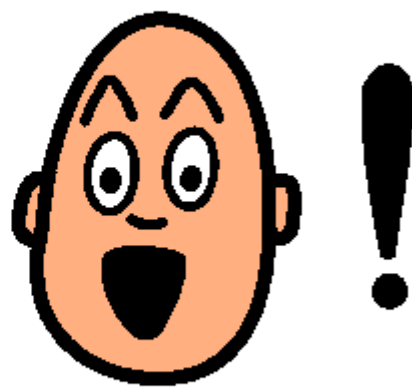
proud



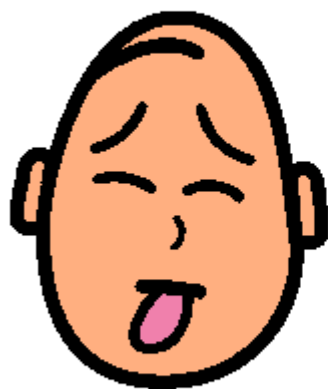
sad



shocked



terrible



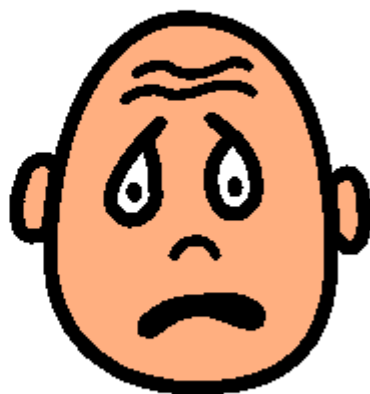
terrified



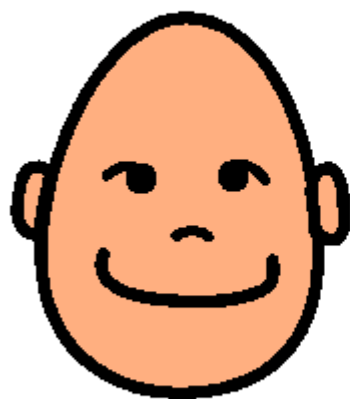
upset



worried



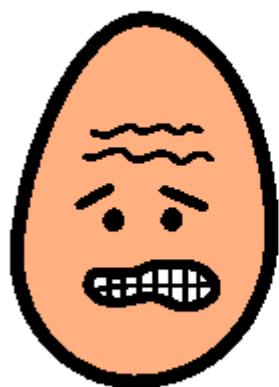
content



scared



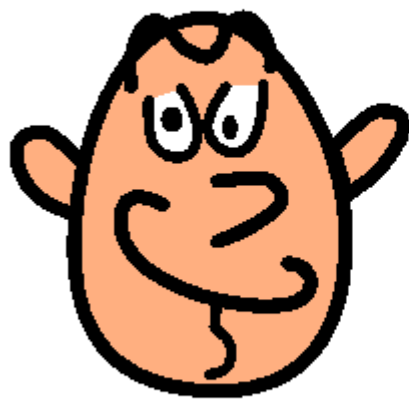
nervous

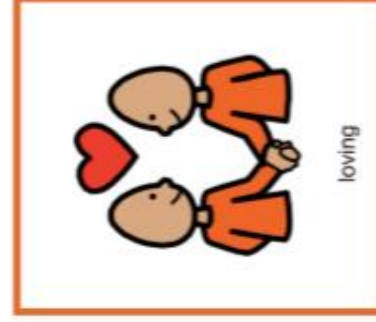
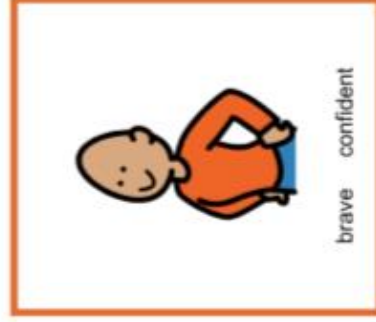
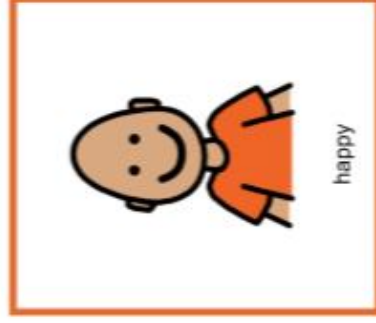
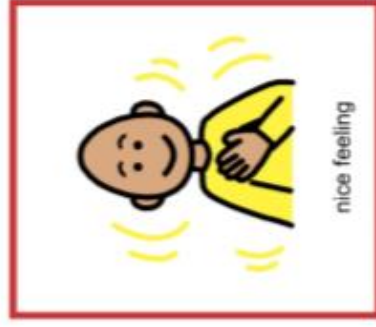


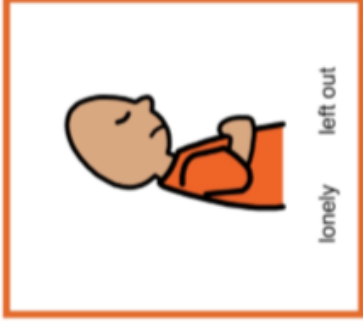
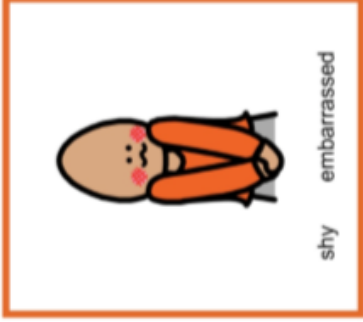
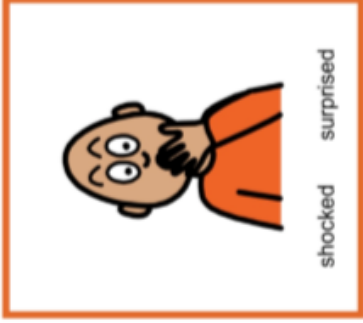
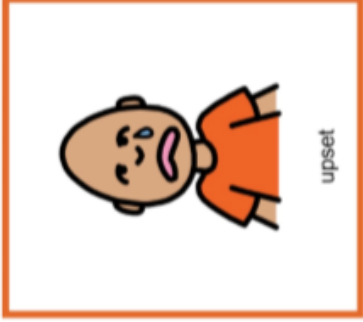
anxious

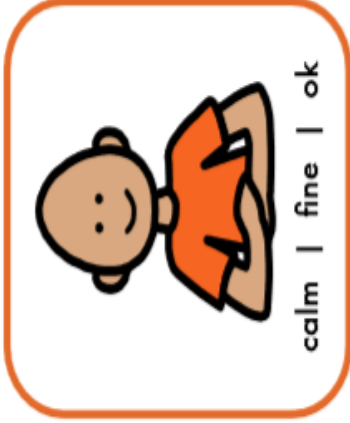


silly



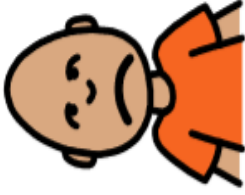




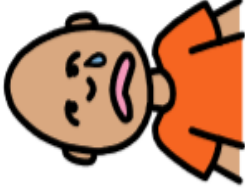




happy | cheerful



sad | disappointed



upset



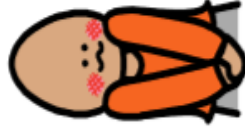
excited



grumpy



frightened | scared



shy | embarrassed



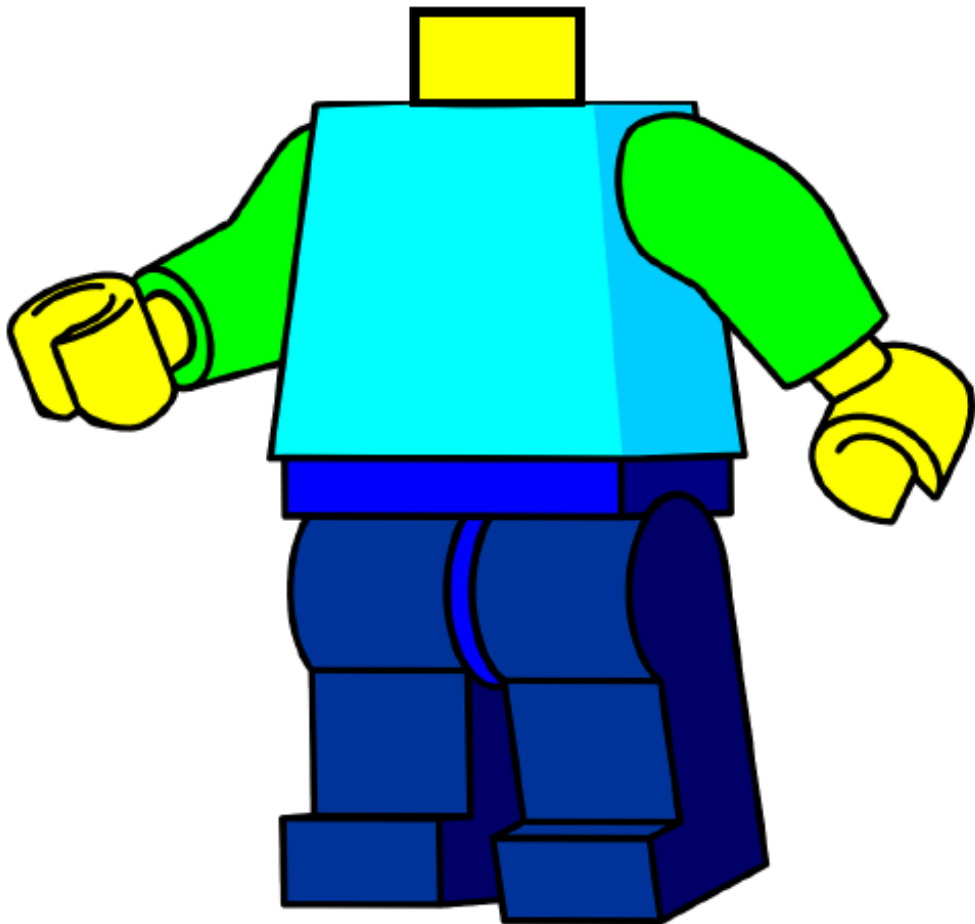
angry | mad



worried | nervous

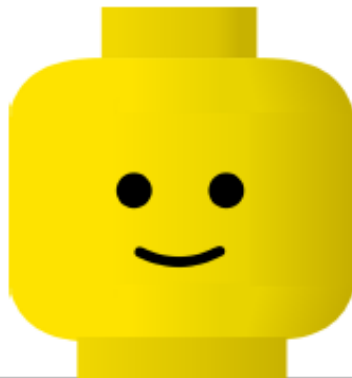
RESOURCE SHEET _

TODAY I FEEL...

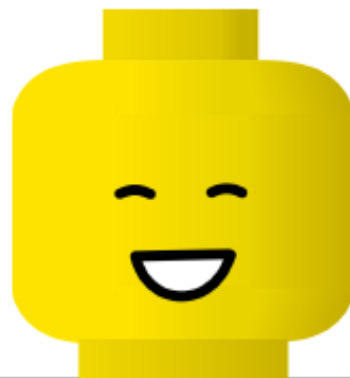


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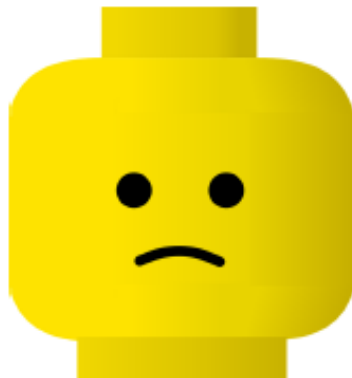
HAPPY



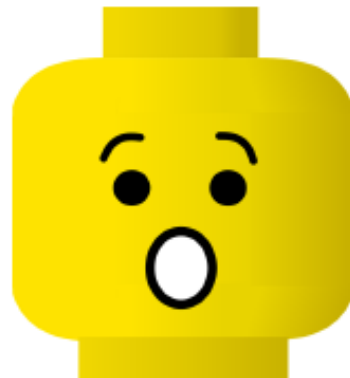
EXCITED



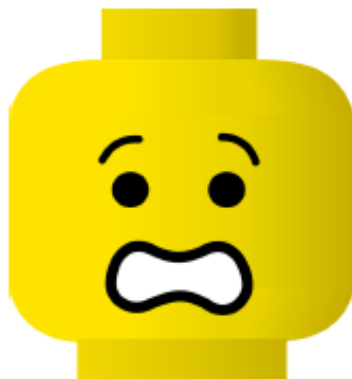
SAD



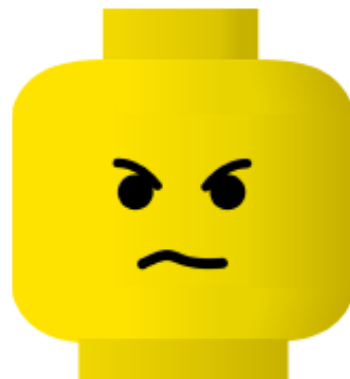
SURPRISED



SCARED



ANGRY



Feelings Social Story (Example)

Everybody has feelings.

Feelings are not good or bad.

They are not right or wrong.

Feelings help you to learn about yourself.

It is very important to pay attention to your feelings.

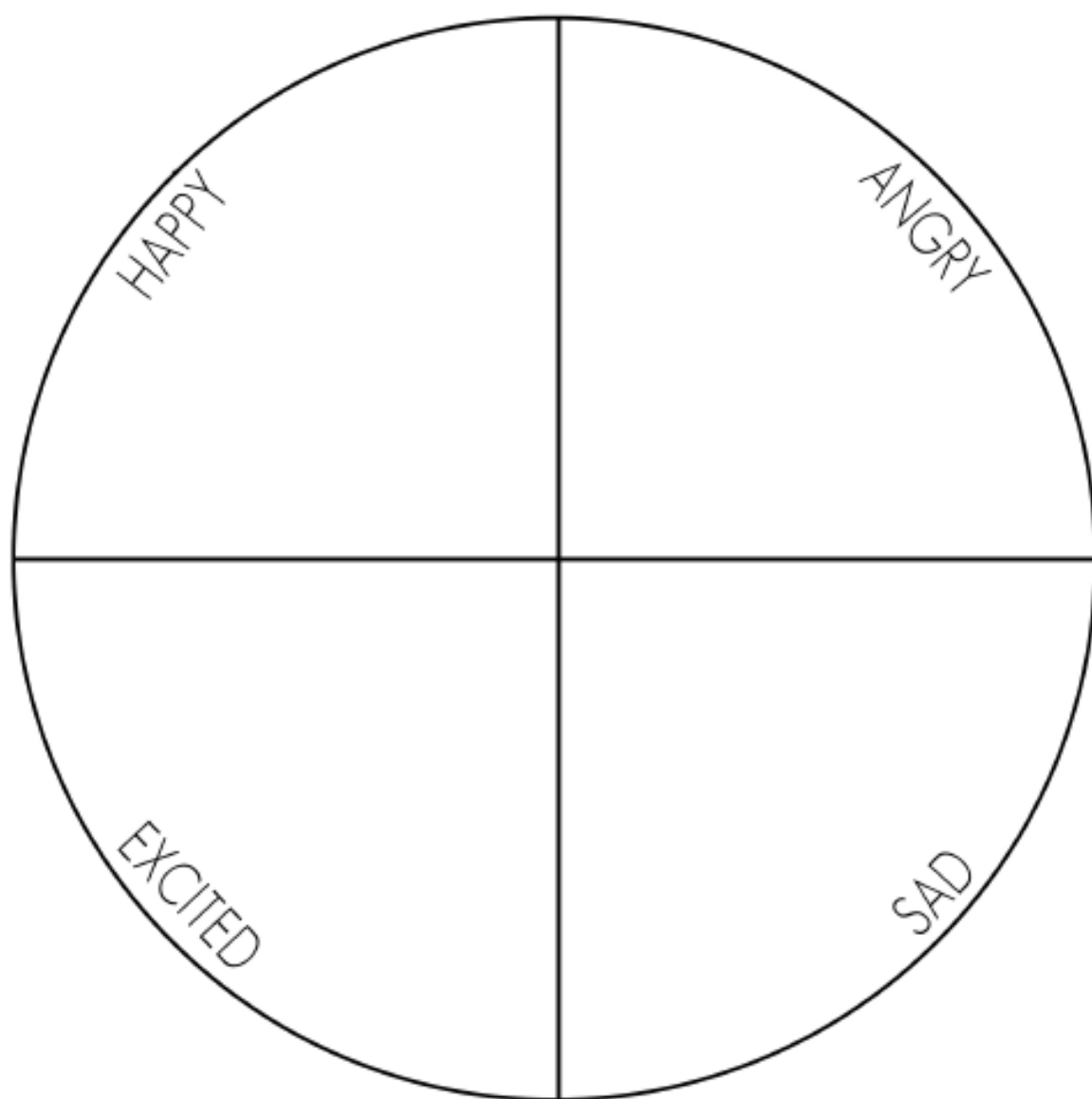
Your feelings will help you to know when you are sad, excited, afraid,
happy, angry or lonely.

It is very important to know the feelings which are inside of you.

It helps to take time to get to know your feelings.

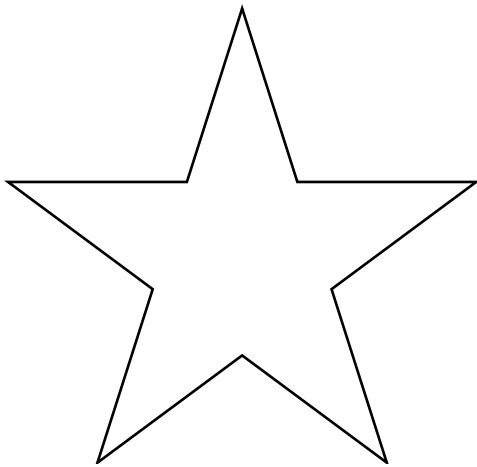
Name_____

MY EMOTIONS WHEEL

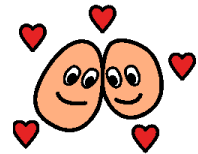
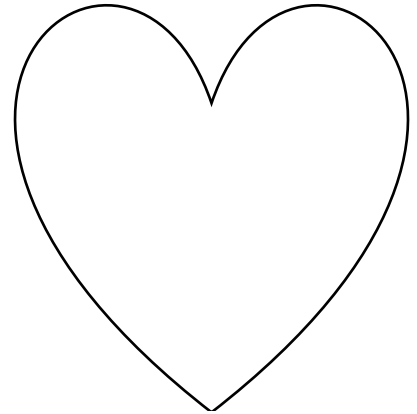


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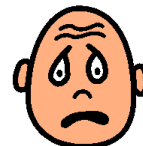
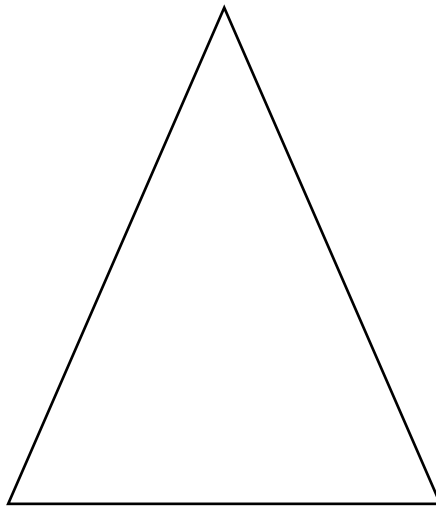
Colour the shapes for each feeling.



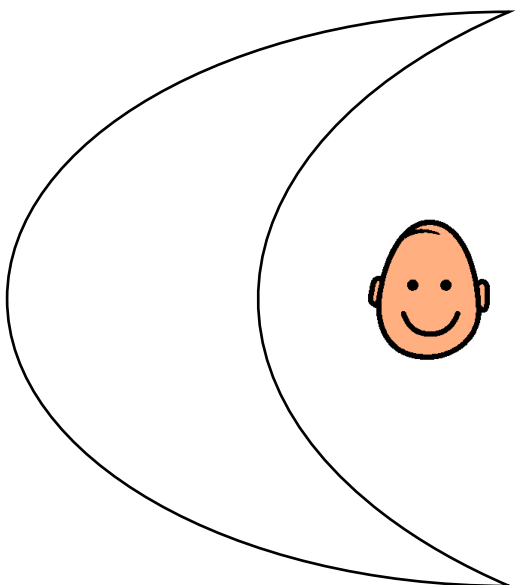
SAD



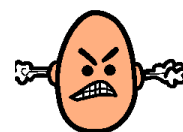
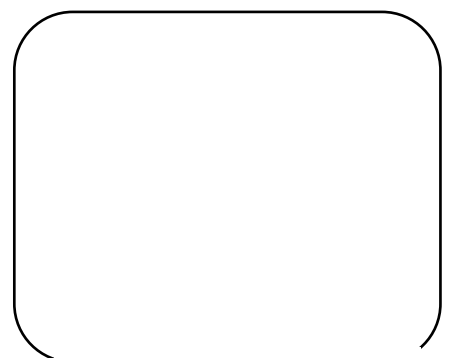
LOVE



AFRAID



HAPPY



ANGRY

Emotions Cut and Stick

1

Read the emotions and stick on the matching picture.

	happy		sad
	cross		surprised

Emotions Cut and Stick

2

Read the emotions and stick on the matching picture.

happy	sad	cross
confused	worried	surprised

Emotions Cut and Stick

3

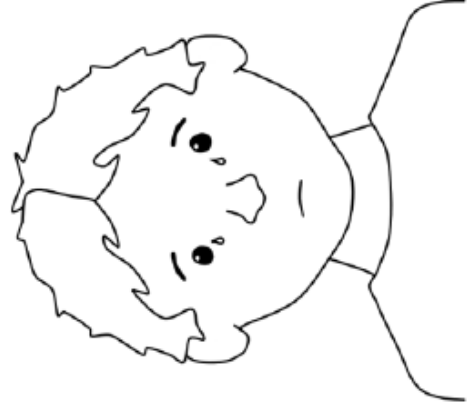
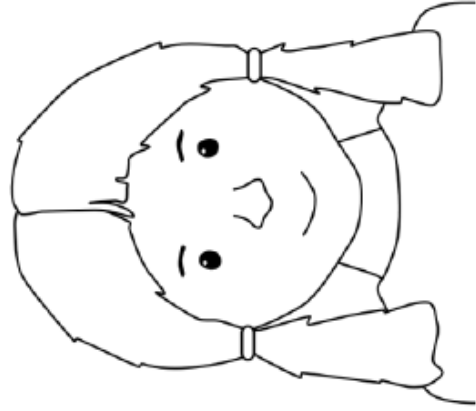
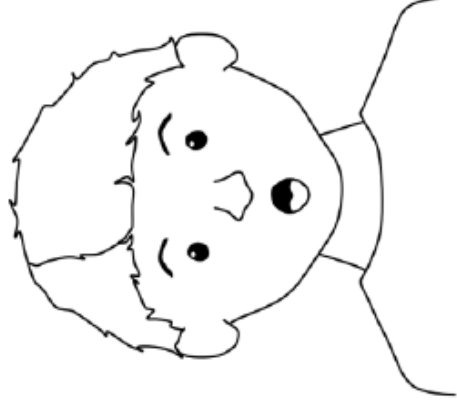
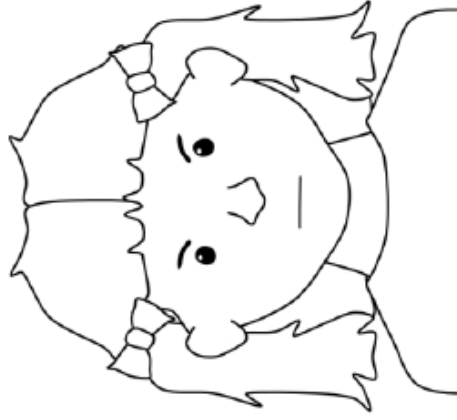
Read the emotions and stick on the matching picture.

happy	surprised	excited	sad	
worried	embarrassed	confused	cross	

Emotions Cut and Stick

1

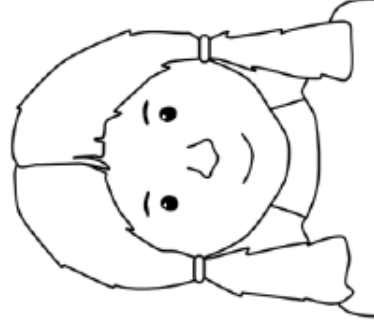
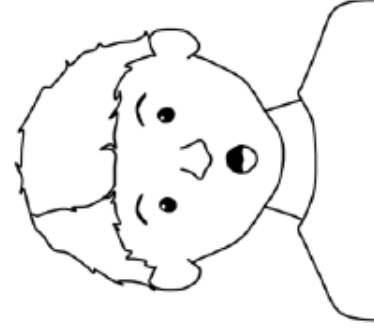
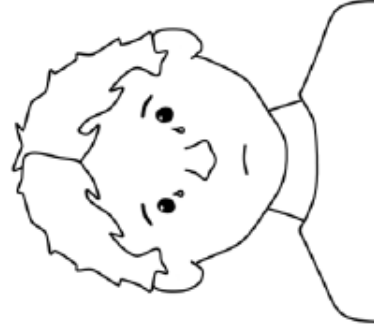
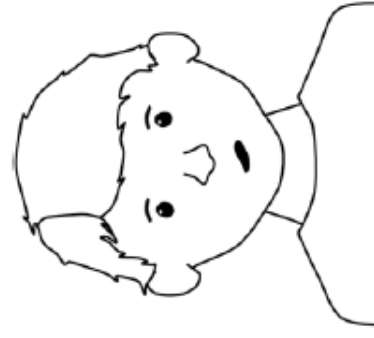
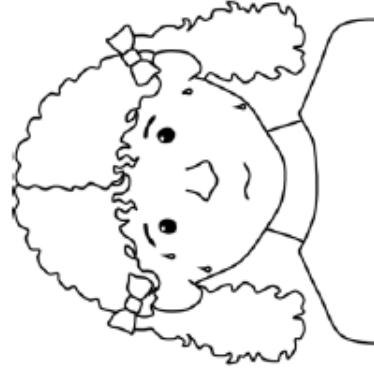
Cut out the pictures and stick them next to the correct words.



Emotions Cut and Stick

2

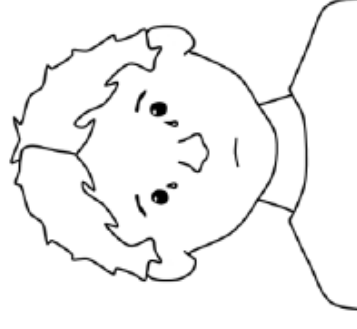
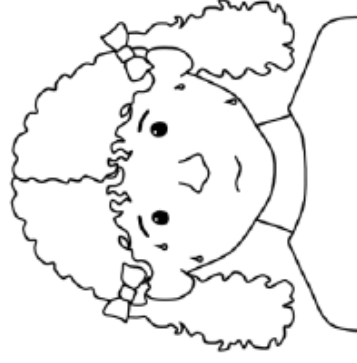
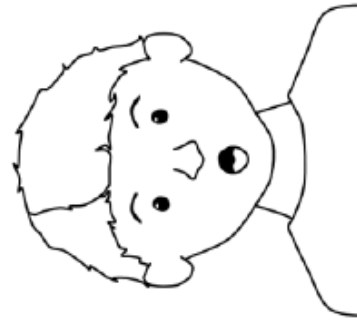
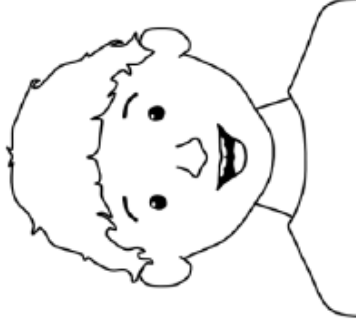
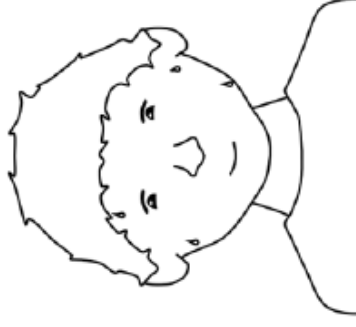
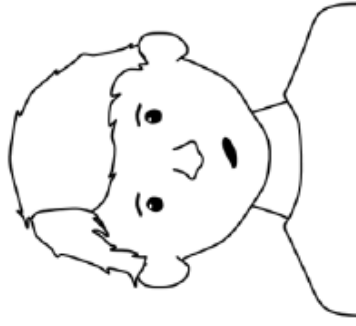
Cut out the pictures and stick them next to the correct words.



Emotions Cut and Stick

3

Cut out the pictures and stick them next to the correct words.



Looking for a fun way to explore big emotions with kids? I think we have just the game for you! We can twist make the regular game of Jenga a great tool for talking with children about a whole range of emotions, how they make you feel and triggers for emotions.



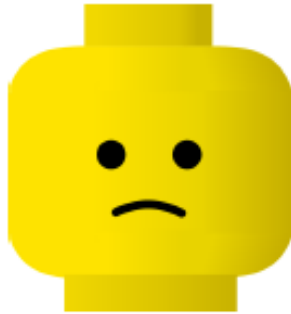
Exploring Emotions **JENGA GAME**
Ready to create the

<https://childhood101.com/exploring-emotions-jenga-game/>

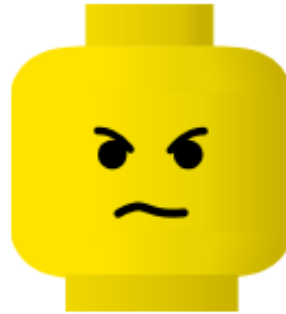
RESOURCE SHEET _

Feeling scenarios

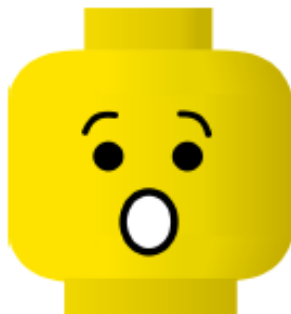
I feel sad.



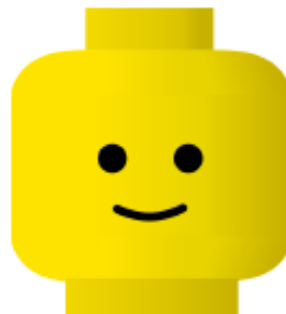
I feel angry.



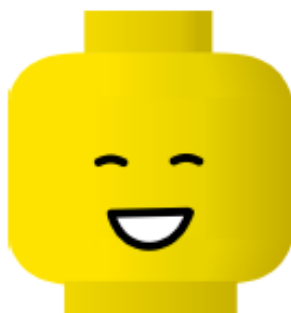
I feel surprised.



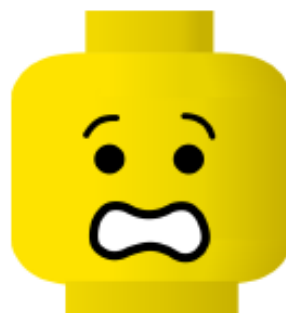
I feel happy.



I feel excited.



I feel scared.



You won your [insert sport here] game. How do you feel?

You found a coin on the ground. How do you feel?

You got a new toy for your birthday. How do you feel?

Your mom/dad just made cookies. How do you feel?

You got invited to a friend's birthday party. How do you feel?

You're going bowling today. How do you feel?

Your mom/dad wants to play a game with you. How do you feel?

You fell off of your bike and got hurt. How do you feel?

Your bedroom is too dark. How do you feel?

You heard a strange noise. How do you feel?

You spilled your juice. How do you feel?
Your friend doesn't want to play with you. How do you feel?
Your [insert pet or person here] just died. How do you feel?
You lost your favorite toy. How do you feel?
Your toy broke. How do you feel?
Your brother/sister stole your toy. How do you feel?
Your brother/sister won't play with you. How do you feel?
Your brother/sister hit you. How do you feel?
Your brother/sister broke your toy. How do you feel?
You ripped a page in your favorite book. How do you feel?

Your cat scratched your hand and it hurt. How do you feel?
Your brother/sister broke your sandcastle. How do you feel?
Your dad/mom is giving you pushes on the swing. How do you feel?
You're going to visit your grandparents today. How do you feel?
You are going swimming today. How do you feel?
It is Christmas today. How do you feel?
It is your birthday today. How do you feel?
It is Halloween today. How do you feel?
Your mom/dad just cooked supper and you don't like it. How do you feel?
Your mom/dad just cooked your favorite food for supper. How do you feel?

Your mom/dad won't let you watch TV. How do you feel?
Your mom/dad won't let you play with your friends. How do you feel?
You fell in the mud and your clothes got all dirty. How do you feel?
Your mom/dad is pushing you too high on the swings. How do you feel?
You forgot to do your homework. How do you feel?
You're going to the dentist today. How do you feel?
You just found a big spider and you don't like spiders. How do you feel?
You just saw a snake and you like snakes. How do you feel?
Your mom/dad is taking you out for ice cream. How do you feel?
Your friend is moving to a new city. How do you feel?

You hear your favorite song on the radio. How do you feel?

You dropped your cup on the floor and it broke. How do you feel?

You are going on an airplane for the first time. How do you feel?

A new [insert favorite toy here] came out. How do you feel?

You are going to see a new movie at the theatre. How do you feel?

You lost your mittens at school today. How do you feel?

Your family is getting a dog. How do you feel?

You wanted to go to the park today, but the park is closed. How do you feel?

You wanted to play outside, but it just started raining. How do you feel?

Your favorite shirt doesn't fit anymore. How do you feel?

It is storming outside and the thunder is too loud. How do you feel?
You learned to ride a bike by yourself. How do you feel?
You just stepped in something gross and it is stuck to your new shoes. How do you feel?
You have a dance/music recital today. How do you feel?
Your friend jumped out and frightened you. How do you feel?
You are lost in a maze and don't know how to get out. How do you feel?
You dropped your ice cream cone on the ground. How do you feel?
You did well on a test at school. How do you feel?
You learned a new skill. How do you feel?
You got lost at the grocery store and can't find your mom/dad. How do you feel?

Feelings

Match the adjectives in the box below to the feelings in the movie *Inside Out*.
Then underline the right adjective in the sentences.



afraid alarmed annoyed bitter blue Cheerful Cross delighted
depressed eager envious ecstatic frightened furious glad gloomy
grumpy homesick irritated miserable nasty scary sick upset worried





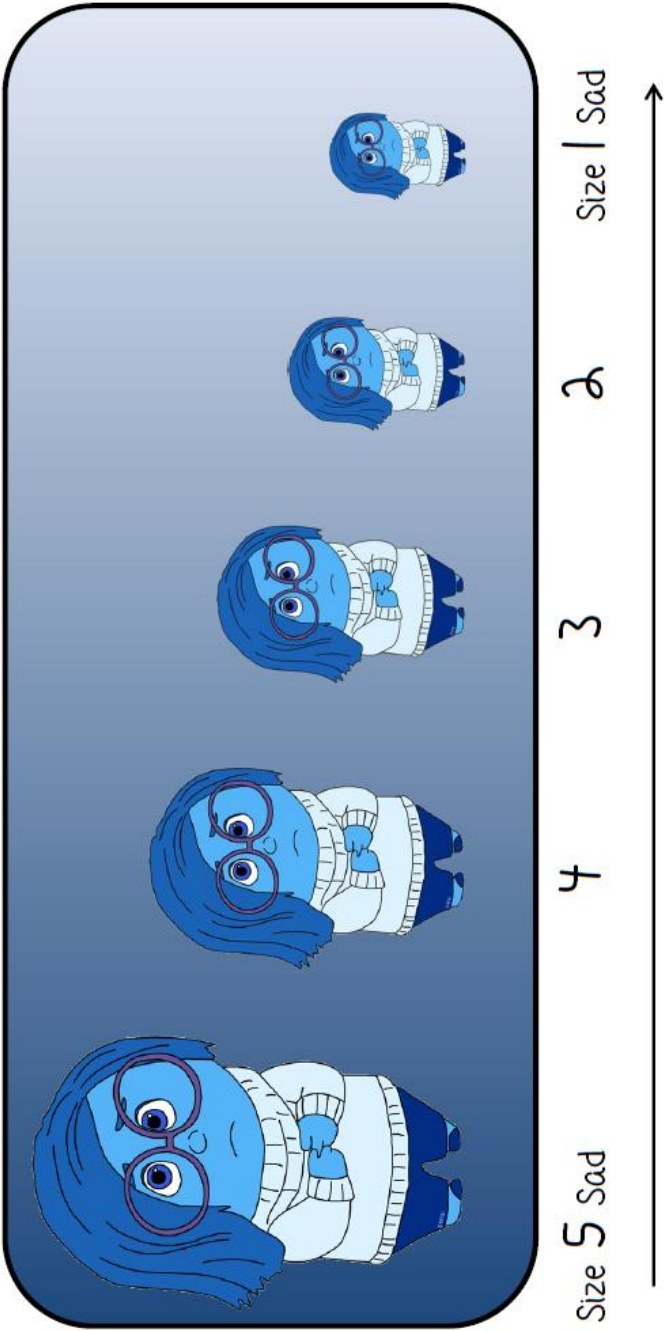




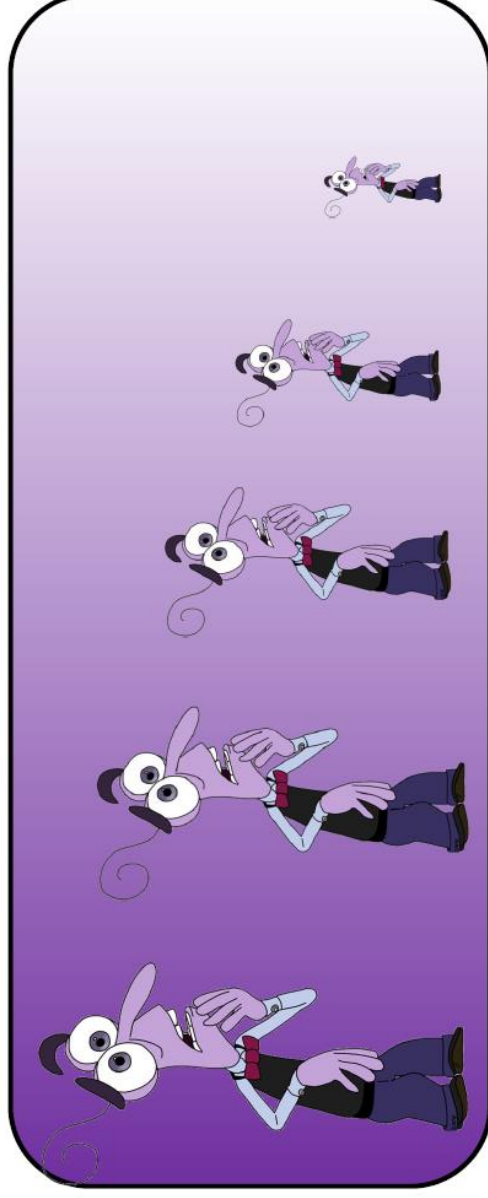


- Mary was a nasty / Cheerful / gloomy person who started rumours about all kinds of people.
- I'm irritated / eager / upset to show you my new laptop. I love it. It's amazing!
- Mum was so delighted / homesick / Cross with me when she saw that my room was really untidy.
- Karl is always envious / afraid / grumpy in the morning. He doesn't like talking to anybody.
- Rainy days make many people feel blue / furious / scary.
- I have felt alarmed / Cross / homesick since she moved out. I miss my friends and my old house.
- Erin felt ecstatic / gloomy / frightened when she split up with her boyfriend.
- I'm really worried / miserable / Cheerful about my exams results. The last one was so hard!
- My friend is depressed / envious / eager of my success. She always wants to be the best!
- Tom was absolutely upset / delighted / worried with my birthday present. He smiled and thanked.
- Ann felt delighted / annoyed / sick when she heard her brother shouting while she was studying.
- The little boy feels depressed / grumpy / glad because his dog has just died.
- This morning my boss was ecstatic / frightened / irritated when I arrived late again.
- Dishonest people make me feel blue / sick / gloomy.
- People in Paris are really bitter / alarmed / glad with the terrorist attacks.
- She was ecstatic / gloomy / grumpy to learn that she was soon to be a grandmother. Great news!
- Erin felt scary / miserable / afraid after she lied to her friend. She is really sorry now.
- Fiona is a bitter / Cheerful / homesick old neighbour of mine. She can't stand children!

Sizes of Sad Feelings

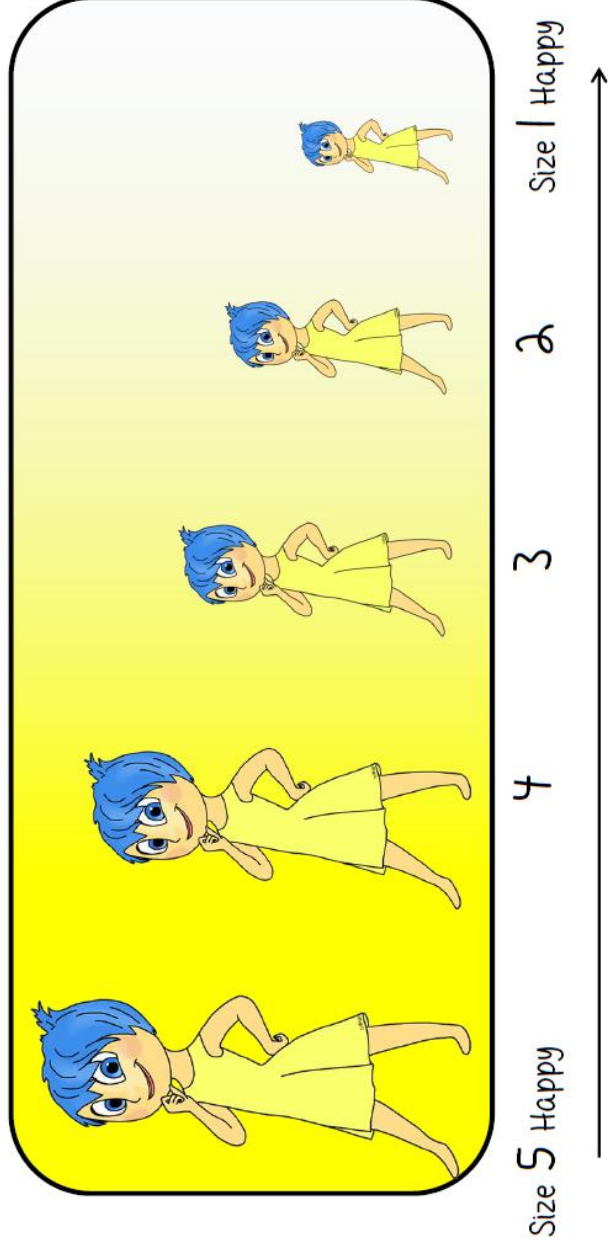


Sizes of Fear/Worried Feelings

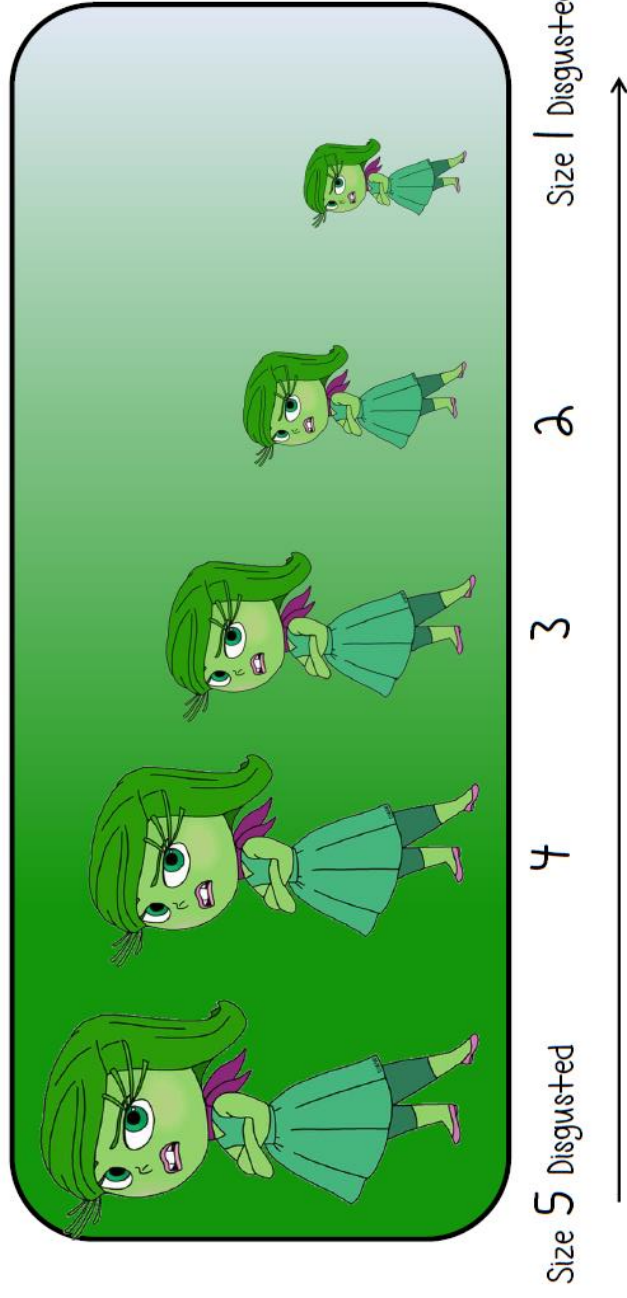


Size 5 Afraid, Worried 4 3 2 Size 1 Afraid, Worried

Sizes of Happy Feelings



Sizes of Disgusted Feelings



Sizes of Mad Feelings

