

**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"> <li>• Participants start to understand some basic feelings appropriate to their cognitive level.</li> <li>• Participants will identify who the important people are in their life.</li> <li>• Participants will begin to link feelings to the important people in their lives.</li> <li>• Participants will continue to practise relaxation / mindfulness.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Feelings games. (Facilitators can judge what is appropriate for the group).</li> <li>• Feelings thermometer - use colour cards red / amber / green or scale appropriate to setting. Support participants to associate feelings with experiences they have had.</li> <li>• Stick pictures of family/important people in their lives onto workbook.</li> <li>• Relaxation / mindfulness techniques.</li> <li>• End of session feedback from group members.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Boardmaker</i> feelings flashcards – today I feel</li> <li>• Lego – today I feel</li> <li>• Feelings social story</li> <li>• Emotion wheel</li> <li>• Colour the shape feelings</li> <li>• Emotions cut and stick</li> <li>• Emotions Jenga</li> <li>• Feelings scenarios</li> <li>• Inside Out (size of feelings)</li> <li>• Inside Out (colouring)</li> <li>• Inside Out (game of emotions)</li> <li>• Talk about my feelings (<i>Boardmaker</i>)</li> <li>• Feelings role play game – ‘Simon Says’</li> <li>• Rice cake feelings</li> <li>• If you are happy and you know it song</li> <li>• Feelings and verb sentences</li> <li>• Young person post-session recording sheet</li> <li>• Young person post-session questions</li> <li>• Relaxation script(s)</li> <li>• Mindfulness cards/scripts</li> </ul>

**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***

Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE

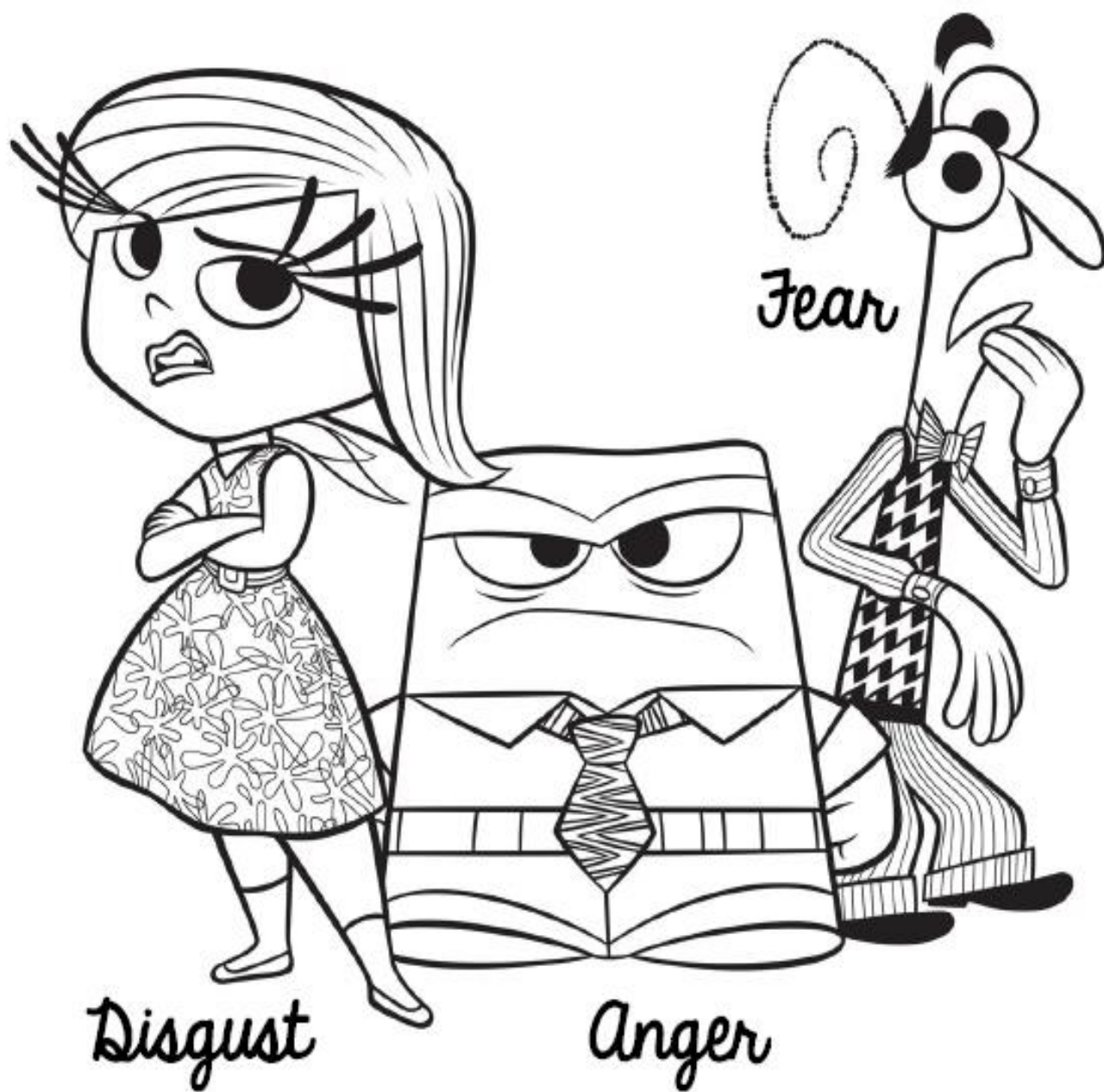


*Joy &  
Sadness*



Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE



Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE



*Joy*

Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE



*Sadness*



Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE



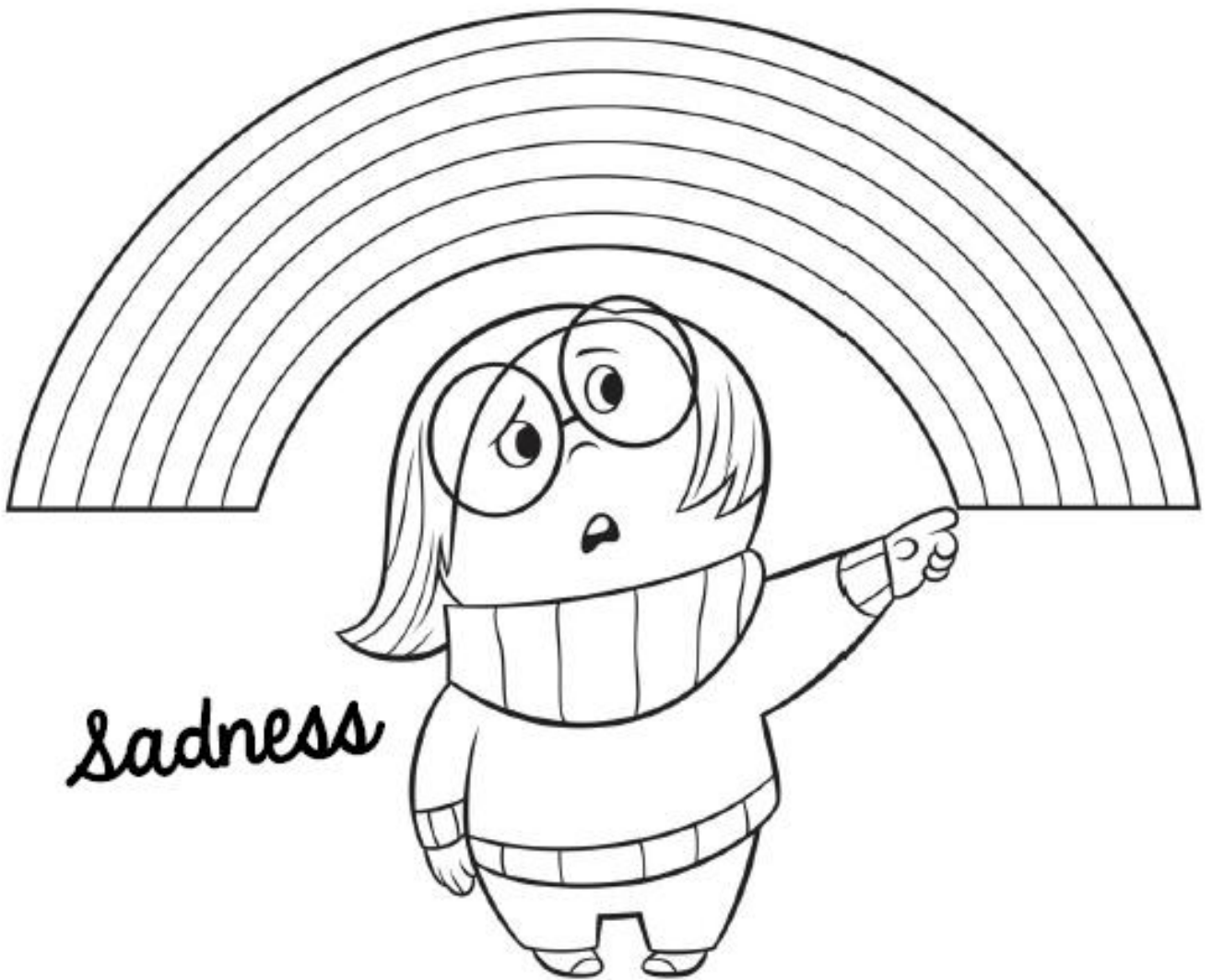
*Joy*



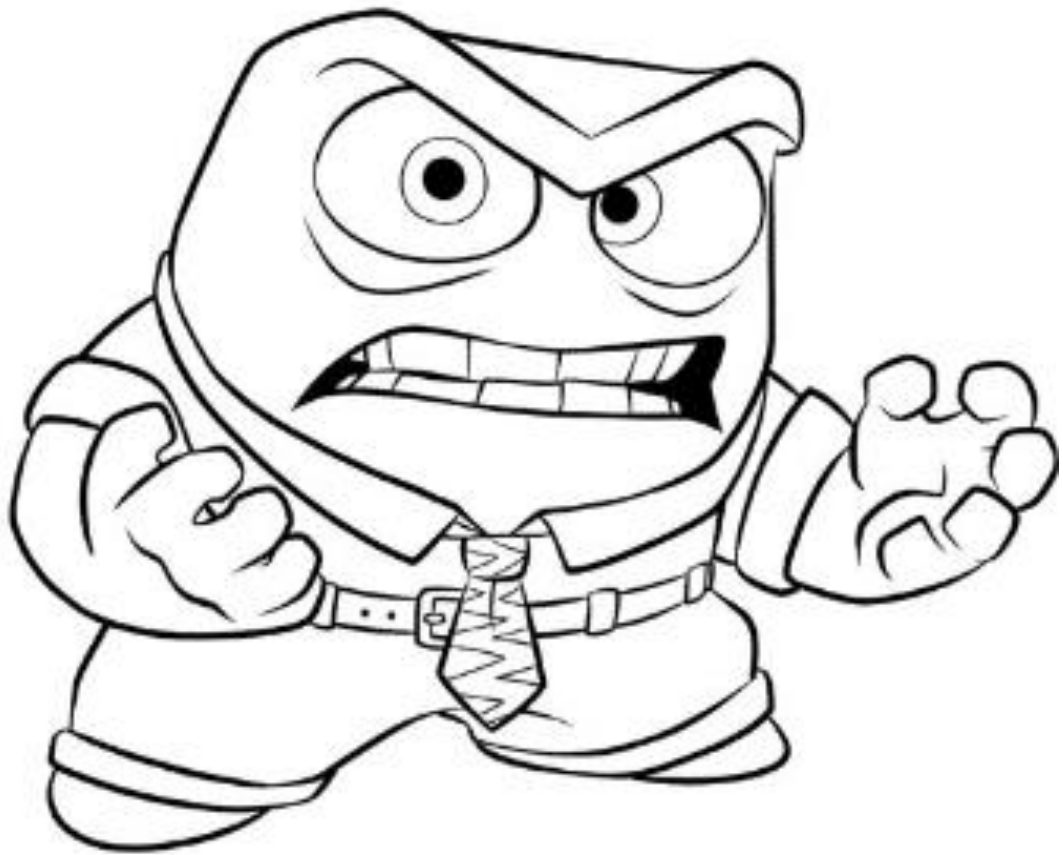


Disney PIXAR  
**INSIDE  
OUT**

# COLORING PAGE







# INSIDE OUT GAME OF EMOTIONS

- 1 Print out the game board.
- 2 Print and cut out 3 sets of cards.
- 3 Shuffle the cards and lay them in a stack, face down.
- 4 Take turns drawing from the stack of cards. Follow the instructions on each card.  
**If you get a face card, you will move forward.**
- 5 If you land on a MEMORY SPOT (the spot with the circles), you must tell a memory when you felt that emotion. The emotions coordinate with the characters from the Pixar Movie, Inside Out.
- 6 If you get to the end of the path and you run out of colors, you go to the WINNER circle and win the game!

**YELLOW = JOY**  
**BLUE = SADNESS**  
**RED = ANGER**  
**GREEN = DISGUST**  
**PURPLE = FEAR**  
**PINK = SILLY**

# INSIDE OUT GAME OF EMOTIONS



# INSIDE OUT EMOTIONS PLAYING CARDS

DIRECTIONS: PRINT AND CUT OUT 3 COPIES OF THIS SHEET.



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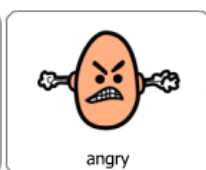
Find more free printables at [www.strawberrymommycakes.com](http://www.strawberrymommycakes.com).

## RESOURCE SHEET \_

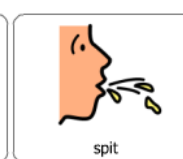
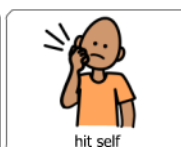
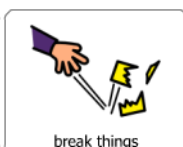


### 5 Very Angry/Meltdown

What it looks like

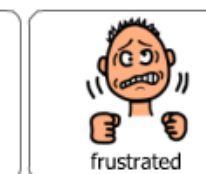


What i Might do

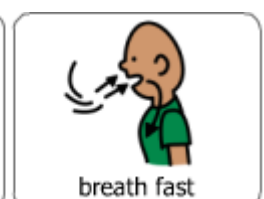
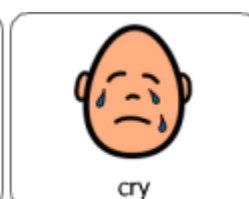
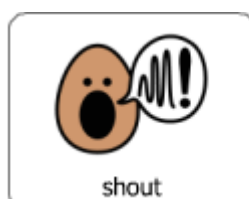


### 4 Stressed/Upset/Frustrated

What it looks like



What i Might do

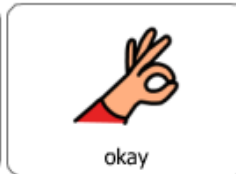
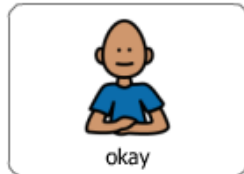




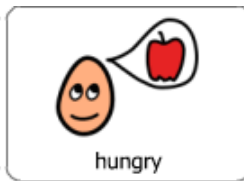


### 3 Okay/fine

What it looks like

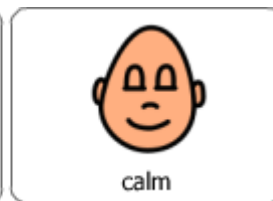


i d  
What i Might do

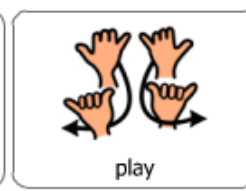
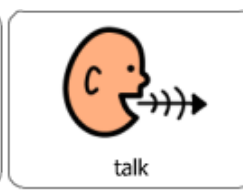


### 2 Happy/Calm

What it looks like



i d  
What i Might do



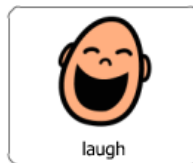
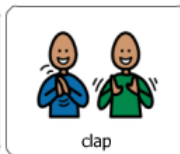
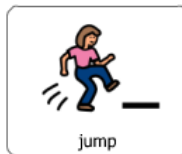


## 1 Very Happy

What it looks like



What i Might do



## RESOURCE SHEET \_

### **Simon Says “Feelings”**

Play Simon says with the children substituting feeling phrases for the usual directions. For example, say: “Simon says, look happy. ” In between commands you can ask them questions about those feelings, such as “What makes you feel happy?”

## RESOURCE SHEET \_

### **Rice Cake Faces**

Spread with peanut butter, use raisins, red hots, chocolate chips, nuts, etc. to make own face for snacks. Have the children choose an emotion to convey.

A similar idea could be used for English muffin pizzas.

## RESOURCE SHEET \_

### **If You're Happy and You Know It**

#### **Song**

If you're happy & you know it (clap your hands)

silly-shake your head

angry-stamp your feet

sad-say boo hoo (rub eyes)

hungry-rub your tummy

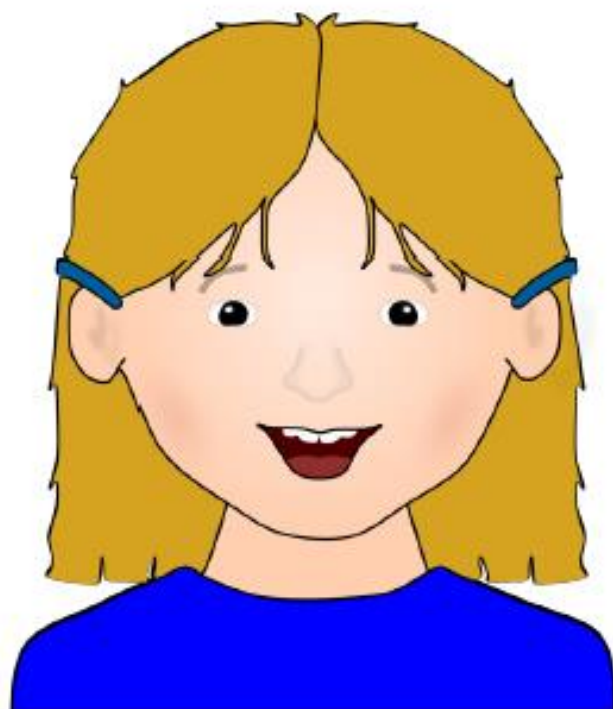
sleepy-close your eyes

excited-yell hooray (raise arms overhead)

scared-hide your eyes

When I am... Feelings and Verbs Sentence Cards

# When I am

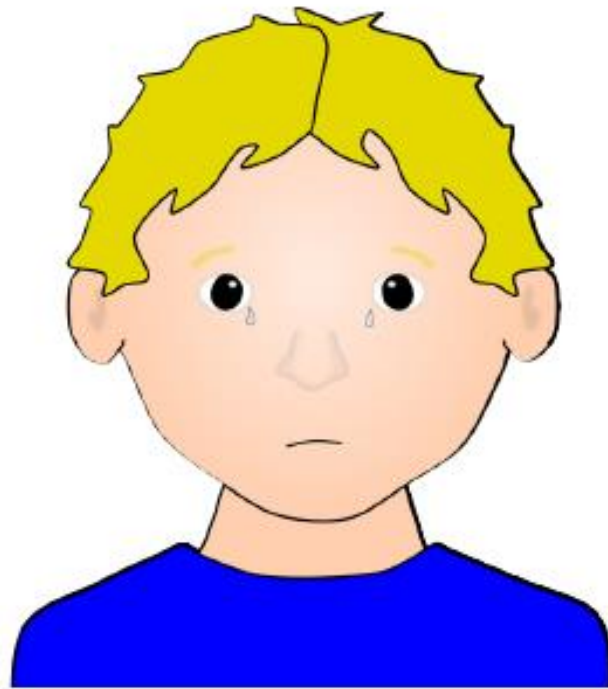


# happy

# I smile.



# When I am



## sad

# I cry.



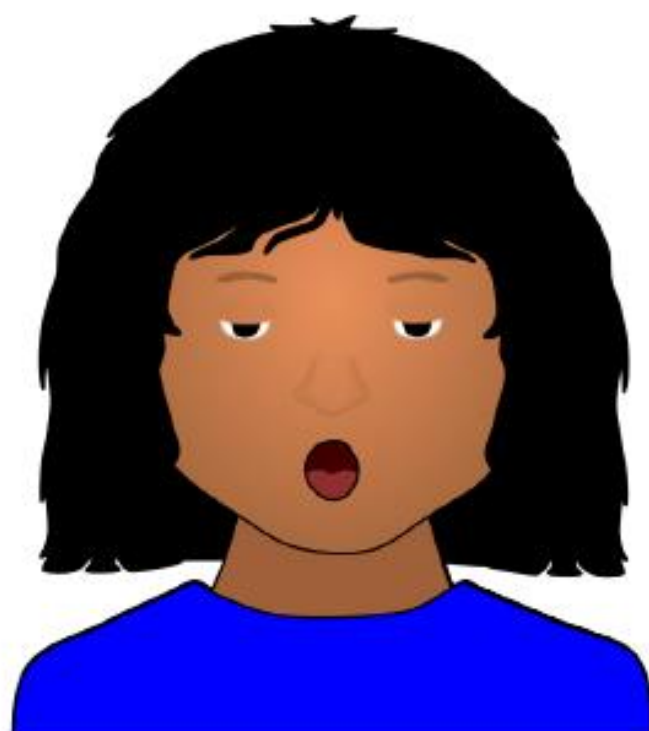
3

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# When I am



## tired

# I yawn.

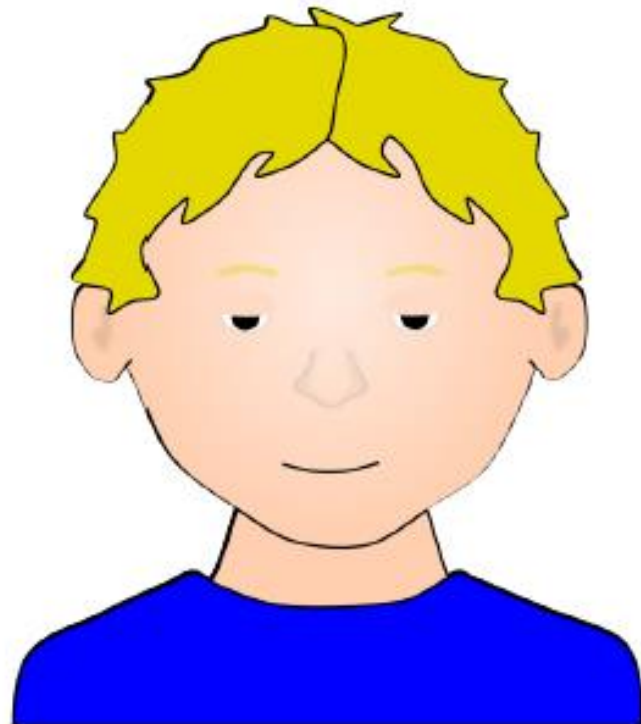


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When I am



**tired**

**I sleep.**



7

122

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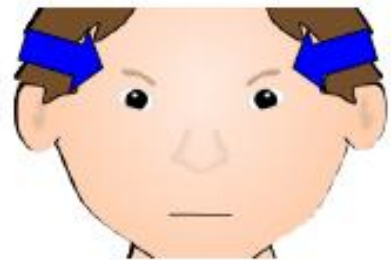


# When I am



## cross

# I frown.



When I am



**angry**

**I shout.**



When I am



**hot**

**I sweat.**







# When I am



## cold

# I shiver.





# When I am

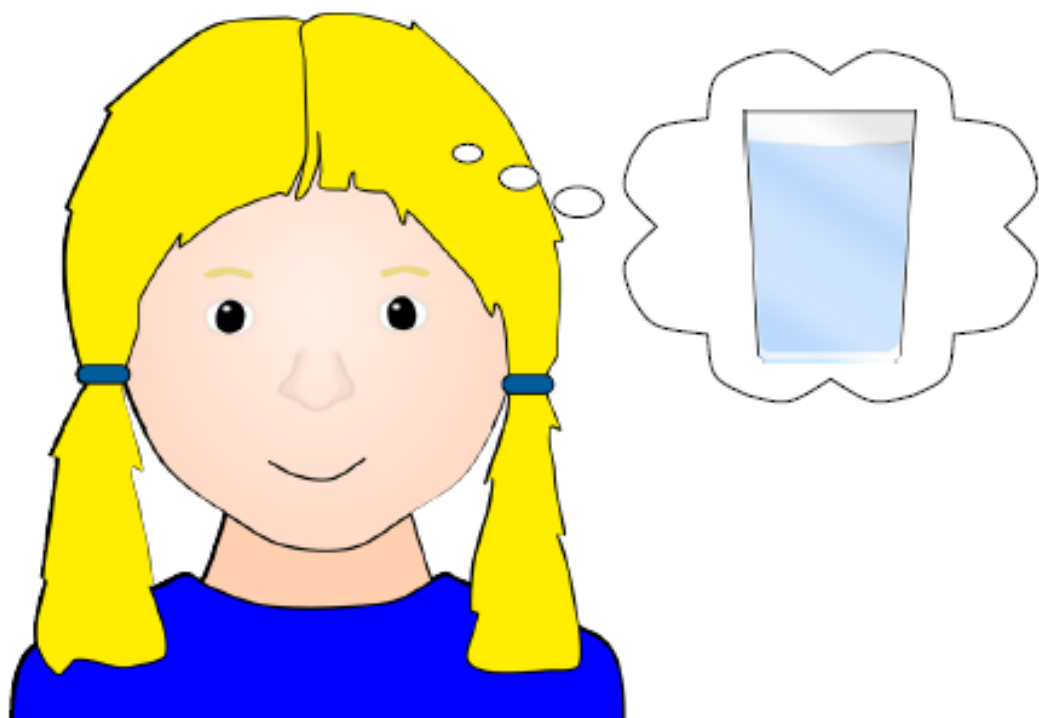


# hungry

# I eat.



# When I am

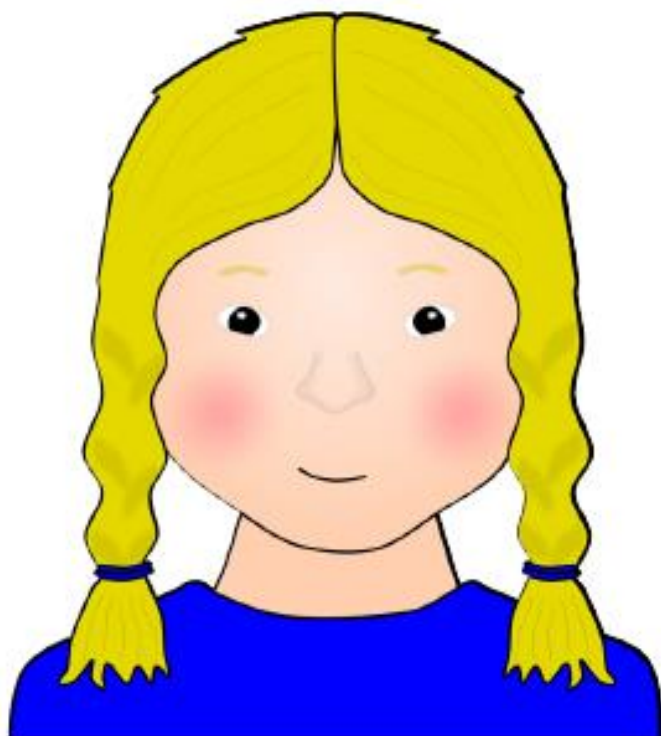


# thirsty

# I drink.



# When I am



# embarrassed

# I blush.

