

Feelings Activities

Taken from Dr Karen Treisman: Strategies for Supporting Children to Identify, Label, Express and Regulate their Feelings in A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma



- **Mixed and a melting pot of feelings**

It may be helpful to support children to identify mixed feelings they may be experiencing. This can be through verbal statements such as, *“I can imagine you are very excited about starting school, but also worried”*, or practical activities, such as:

- Drawing mixed feelings in a rainbow, melting pot, pie, wheel, cake jar, bag, box, patchwork, puzzle
- Creating mixed feelings with different paints, cooking ingredients, coloured sand, making a kaleidoscope

- **Find creative, expressive and playful ways to discuss feelings**

- Make different faces out of different mediums, clay, cooking etc.
- Feeling of the day board
- Create a feelings quiz or crossword puzzle
- Take feelings photographs for children to refer to
- Design and paint feelings masks, balloons, puppets
- Make a feelings container filled with feelings cards
- Play follow the leader with facial expressions, or practice making emotions in the mirror
- Make a poster of all different types of feelings, where you can support the child to add stickers, foam, pebbles etc, to the emotions they feel and show to what extent they are feeling it