



Recognising Feelings

Feelings

Ask them to name as many feelings as they can, write them on a flipchart or board – can they name a feeling for each letter of the alphabet?



How does my caring role make me feel?

Discuss the feelings they have about their caring roles, encourage both positive and difficult feelings.



Where do I feel my feelings?

Suggest different feelings and ask them to think about where they feel each feeling in their bodies.



Feelings Collage

Use old magazines and newspapers, ask them to cut out pictures of people showing feelings and invite them to use these images to build a 'Feelings Collage.' They could label the photos with the feelings and share with the group/a partner.



Independent Activity

Draw your feelings

Think about how you are feeling. What is the feeling that you are experiencing, close your eyes and think: if this feeling had a colour, shape, texture, what would it be like? Draw your feeling on paper or on a device, using colours, shapes, and lines.

