To improve your child’s abilities to identify and describe feelings

Use this chart to identify and talk about feelings you and your child might have.

- **HAPPY**
- **ANGRY**
- **NERVOUS**
- **DISAPPOINTED**
- **JEALOUS**
- **SURPRISED**
- **EXCITED**
- **NERVOUS**
- **SAD**
- **LONELY**
- **EMBARRASSED**
- **BORED**
To help your child to recognise and identify other people’s feelings

You will need

Draw or stick pictures in these spaces...

**You can also play this game if your child is upset. Drawing pictures helps children to express their feelings and encourages them to talk.**

**Let’s talk...**

Talk about how the person is feeling and why they think that. This is also a good activity to try when you are waiting for a bus, eating in a busy restaurant, watching TV or walking in the park.

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**You will need**

- Scissors
- Pencil
- Paper
- Glue

**Draw or stick pictures here of**

- A happy boy
- An angry girl
- A sad lady

**Ask**:

- Why do you think the boy is happy?
- Why do you think the girl is angry?
- Why do you think the lady is sad?

**Let’s talk...**

Talk about how the person is feeling and why they think that. This is also a good activity to try when you are waiting for a bus, eating in a busy restaurant, watching TV or walking in the park.

**You could also take pictures of each other looking sad, happy, angry etc.**
To help your child to identify their feelings and help understand that our feelings change.

You will need 🧜‍♀️

Draw, write or stick feelings in these spaces...

<table>
<thead>
<tr>
<th>On Monday morning I felt</th>
<th>On Tuesday morning I felt</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>In the afternoon I felt</td>
<td>In the afternoon I felt</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>On Wednesday morning I felt</th>
<th>On Thursday morning I felt</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>In the afternoon I felt</td>
<td>In the afternoon I felt</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>On Friday morning I felt</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>In the afternoon I felt</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

Let's talk...

Each evening for 5 days, you and your child can talk about one or two feelings you had during the day. This helps children to understand that our feelings change.
Where we feel our feelings

To help your child understand what happens in their body when they have different feelings

You will need

Cut out and stick the reactions on the next page onto the outlines. Or draw and write your own ideas.

Let’s talk...

Share with your child when you last felt nervous and ask them when they last did. Did you both feel the same things in your body? How did you make yourself feel better?

Take turns acting out different physical reactions e.g. knees trembling, tummy aching. The other person can guess what the feeling is.
Reactions in our body to different feelings

- My legs are shaking
- My heart beats faster
- I clench my fists
- My tummy hurts
- I clench my teeth
- My face gets hot
- My shoulders relax
- I smile

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To improve your child’s vocabulary to identify feelings

You will need

Work together to think of 1 or 2 feelings for every letter of the alphabet

Today I feel...

Angry    H    O    Vexed
Bored    I    P    W
C        J    Q    eXcited
Disappointed    K    R    Y
E        L    S    Z
F        M    T
G        N    U

Turn this into a memory game to play on long journeys. ‘Today I felt Annoyed’, ‘Today I felt Annoyed and Brave’ etc.
To help your child find ways to help themselves feel better when they have difficult feelings

You will need

Talk about a time when your child has felt sad, angry or jealous. Help them think of lots of different things they could do to feel better. You could write or draw the ideas in the thought bubble.

The Golden Rules for a Good Solution!

👍 It makes me feel better
✔️ It doesn’t hurt me or anyone else

Let’s talk...
Share times when you have had a difficult feeling and what you did to feel better - did your solutions obey the golden rules?
Recognising feelings

To improve your child’s abilities to identify and recognise feelings

You will need

Cut up the situation cards and talk about how they might be feeling.

A boy pushed you in the playground

Your brother screamed at you because he was in a bad mood

You did badly in a test

Your teacher congratulated you on your good work in class

You received exactly what you wanted for your birthday

Let’s talk…
You could also ask what you could do to feel better. Remember the Golden Rules!

The Golden Rules for a Good Solution!

👍 It makes me feel better

🚫 It doesn’t hurt me or anyone else
To improve your child’s abilities to identify positive feelings

You will need

Draw or stick pictures, and write in these spaces...

Here is a picture of me

Things that make me feel happy

Things that make me feel proud

Things that make me feel excited