



Developing Awareness of Feelings

A child with low self-esteem may struggle to cope with their feelings. They may become overly anxious in certain situations or they may fear failure and will therefore avoid situations. They may become easily frustrated and may speak negatively about themselves. They can blame others for their feelings and may become withdrawn and depressed.

Helping children to firstly identify their feelings and then learn about them can help towards them coping with them.

These are a few ideas taken either from [*Talkabout for Teenagers*](#) (2009).

How am I Feeling?

I always start each session by asking the children to think about how they are feeling and also to take notice of how everyone else is feeling. I do this by making up a feeling board with anything from two feelings (happy and sad) to as many as the children can cope with.

If I am working with young children, I usually cut out, laminate and velcro the feelings onto a laminated feeling board so that the children can physically remove the emotion and hold it up to the group. This makes the activity more interactive.

Pass the board around the group and ask the children to select how they are feeling. Can they share with the group why they are feeling that way? You can use a '?' for children to choose another emotion that is not on the board.

Different Feelings

This game is all about how we act out different feelings and you need a number of pictures showing different emotions (see below).

I tend to play this game in teams so that several children are acting at the same time. Give one team a card and ask them to act out the emotion. The other team then has to guess the feeling. You can take photos of the children acting out the different emotions.

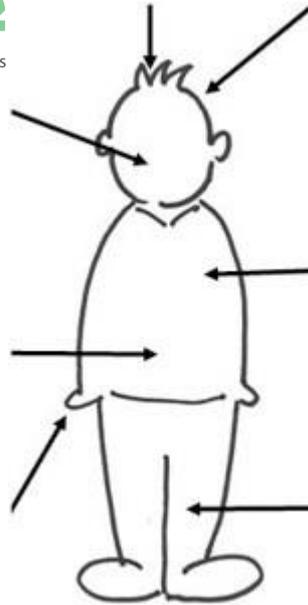


Match the Feeling

This activity encourages the different situations can make

Place situations on one feelings on the other side match the situation with the arrow. They can then share everyone agree?

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children to think about how us feel differently.

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What Happens When We Feel?

This game encourages children to consider different emotions such as 'anger' and to think about what happens to our body when we feel angry?

I use a number of pictures to help the children to think about their hands, their face, their heart and their body, their legs, their brain and their words. For example:

The children discuss as a group what their body might be telling them when they feel angry.

They can then cut out the pictures and stick them around a body to illustrate what happens to our body when we feel angry etc.

This exercise can then be repeated for each emotion.

Coping with my Feelings

Children need to have a few strategies for coping with their feelings and so I usually start this topic by telling them a story about a character like 'Angry Angus' who loses his temper when things go wrong at school.

I then ask the children to think about what Angus could have done differently.

This can introduce the children to 'Stop, Think and Plan'. They then consider three things that they could try when they feel angry etc.

If you would like more resources, games or activities, or just to chat on the phone for advice please email me at zahra@unlockinglanguage.co.uk