

Feelings

SMT

Supporting Safe and Confident Communities
Cefnogi Cymunedau Diogel a Hyderus

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What are they?

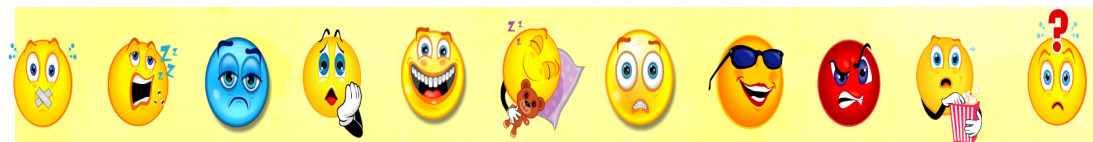
Children can experience complex feelings in the same way as adults. However, some of the time children can not identify what they are feeling or why? This can make it hard for children to put into words how they are feeling.



Sharing Feelings

It is important to equip your children with the vocabulary and opportunity to be able and feel comfortable to express their feelings. Some children at will not want or be able to tell you how they feel. However, it is important to encourage them to share how they are feeling by talking about feelings in your day to day conversations e.g. walking to school, at bedtime...





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Activities

There are a number of activities you could do with your children to both encourage and equip them to express their feelings:

- **Feeling face:** the children can visually chose a feeling.
- **Feeling pairs:** talk about an experience relating to the feelings pair that you have matched.
- **Feelings Charades:** Take in turns acting out and guessing different feelings.
- **Puppets:** Some children will find it easier to talk about their feelings by using an object such as a puppet or toy
- **Drawing:** have them express themselves through art such as things that make them happy, sad, scared, excited, etc.

On our website www.smt.org.uk there are some videos that show you how to do some of the activities listed above.

 **Books** 

Some books that talk about feelings...

- ◇ How you feeling baby bear?
- ◇ Huge bag of worries
- ◇ Colour monster
- ◇ In my heart.
- ◇ A Niffleloo called Nevermind

