**Emotions Wheel for children**

Good for when children find it difficult to find the right word to describe a feeling. Ask them to choose an emotion from the sheet and tell a story about that feeling.

**Emotions Faces**

Can be used as a check in ritual. Encourage children to select an emotion from the sheet to describe how they are currently feeling. Could also ask them to check in with the emotion faces as they tell their story. Could also cut out each emotion face and place in a bowl to use as an activity such as selecting an emotion and sharing a story about that emotion.

**Where Do I Feel**

Use colouring in with felt tips/pencils to help children to name, identify and recognise their emotions and how it feels in their body. Ask children to choose a colour to represent each emotion and then colour in the part of the body where they experience that feeling. eg: Children might colour fists red to represent anger. Happiness could be yellow in their heart. This is a good way to get children to talk about their feelings and to ask them, for example, ‘what does anger feel like in their fists – does it hurt or feel good? This could help children become more aware of their emotions in the moment when it matters.

**Basic Emotion Assessment**

This invites children to indicate how much they are experiencing seven basic emotions. Children can put in an X or circle, shade or colour the individual scales

**My Fears**

Prompts children to begin a discussion about anxiety and fear. Gives children the opportunity to discuss their feelings of fear and anxiety, why they are important and how they can be harmful. Children are asked to list their fears, describe their thoughts about the anxiety, identify where in the body they sense the feeling and finally to create a plan for dealing with fear in the future. Idea is ti introduce the concept that thoughts and feelings are linked and to increase awareness of their emotions by identifying how their body responds to anxiety.

**What is anger?**

Children who haven’t had a lot of experience talking about emotions can have a hard time labelling their feelings, recognising triggers and connecting consequences they’ve experienced back to their anger. This activity normalises the emotion with user friendly language. The activities are designed to help children think about how they behave differently when they are angry, learn about their triggers and then come up with an alternative ways of behaving when they’re mad.

**Belly Breathing for children**

This is a simple and effective way to relax, recharge and cope with difficult emotions.

**Three Mindfulness Activities for children**

Includes: Ocean Breathing, Raisin exercise and five senses. Practising mindfulness regularly may lead to increased benefit over time. Great tool for a parent who would like to practice with their child. After practising take a moment to discuss how mindfulness feels different from the usual way of being. Is it easy or difficult? When could mindfulness be helpful for coping with feelings?