

I feel I choose

KS

As activity which can be done individually with children who struggle to express emotions and need help dealing with them or as a whole class activity. The activity helps them choose the best ways of coping with their emotions.

What you will need

My Feelings Chart
Feelings cards
Coping/action cards

Method

- Ask the children to read out the feelings cards and suggest a time when they have felt that way or a situation in which they think they might feel like that.
- Look at the action cards and ask the children what they do when they get angry or sad. Is this a good way of coping with this
- The children can also come up their own ideas for different actions.
- You can personalise the chart for individuals so that they can keep using the chart throughout the day.

