

DIY Feelings box

KS 1/2

As activity which helps children express their feelings. (Children don't always know how to talk about what they are feeling but it is still important to make sure they know they can express themselves)

What you will need

A small empty box
Some brown paper or wrapping paper
Tape
Paper
Pens
Envelopes (optional)

Method

- Tape the box closed and cut a slit in to the side of the box (like a post box). Wrap the box like you would a present.
- Ask the children to draw picture to decorate the box e.g. adding a sun, clouds, raindrops etc.
- Tell the children that they can draw or write about their feelings and mail them. Using envelopes and putting their name on if they wish.
- Let them know that only you (the teacher) will see them, unless it was something that concerned you and then you might have to tell their parent/s.
- Leave the box somewhere accessible at all times of the day for the children to post their feelings into the box.

