All Kinds of Feelings

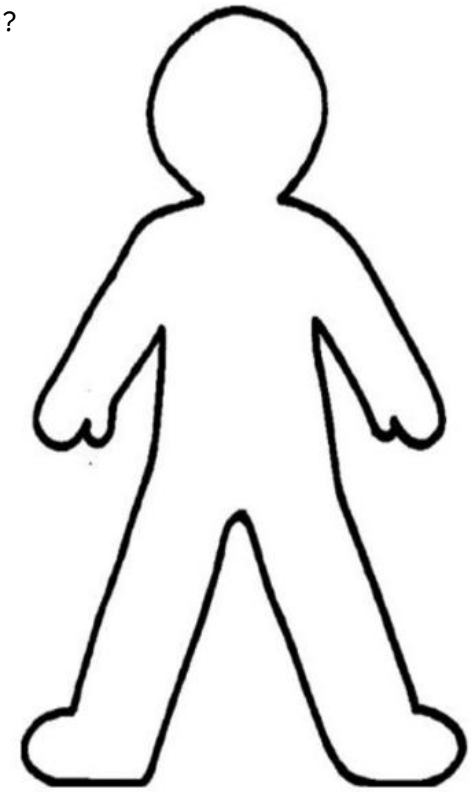
Children will currently be experiencing a range of emotions. It can often be difficult for children to identify how they are feeling or why. This can lead to them being unsettled and behaving in an unhelpful way. Here are a few simple ideas to try that can help your child to share and explore their feelings.

- You could read a familiar story and talk about the feelings of the characters in the book. Then ask if your child sometimes feels that way too.
- Drawing. Sit with your child and doodle together. Encourage your child to try drawing how different emotions might look if we could see them. For older children, explore which emotions might be underneath others. For example, someone might be behaving in an angry way, but underneath that, they are feeling overwhelmed or helpless or jealous.
- Choose a time when your child is calm and settled to gently ask how they had felt earlier using the 'I wonder' phrase. For example, 'I wonder if you felt angry earlier when you were shouting'? See how your child responds and perhaps review what might be helpful next time your child feels angry. For example, taking a deep breath or walking away.
- If you child seems unsettled or can't identify what is bothering them, try using the following drawing activity (on a larger scale).

Can you draw where the feeling is in your body?

What colour is the feeling?

How big is the feeling?



In conclusion, any opportunity for your child to talk about feelings is helpful. Don't focus on resolving the issue each time as it's the process that's important. Enabling children to talk about feelings and problems can help develop their resilience.