**My Feelings - scrapbook work**

The idea of this plan is that a child would spend some 1:1 time with a member of staff at least once per week ( ideally twice) for 20-30mins looking in detail at feelings and how to identify them in others and themselves. The activities need to be visual and practical with lots of opportunities to over learn/practice expressions and rehearse strategies etc.

The aim is that the child will learn, with support, how to identify how they are feeling and what they can do about it

The work needs to be done regularly and referred to throughout the day/week.

I would recommend spending at least 2 weeks on each emotion ) assuming 2 sessions per week) to ensure it is secure, clearly this depends on the child and is flexible – some emotions may take more work

* Start with an ‘obvious’ feeling such as Happy
* Look at/read a book ie a Mr men story to introduce the feeling and discuss what happens in the story – by using Mr men stories it would create a predictable pattern/structure to start from
* Label the feeling / name it /
* Look for people with that emotion – cut out pictures from magazines/photos
* Pictures of the child with that feeling – take photos/draw
* What does he/she like doing when they are happy
* What does mum/dad etc look like when they are happy, what do they like doing?
* Use mirrors to make faces
* Take pictures of friends with a ‘happy’ face
* Read stories with that feeling
* Sentence finisher… I thin k he is feeling XX because… to try and encourage describing the emotions etc
* Social stories – when I am ‘happy’ I like to etc….
* How do people know I am ‘happy’?
* What do other people look like if they are feeling ‘happy’?
* Draw faces/fuzzy felts/cutting out activities
* Play games with peers – each make a face and they have to try and work out each feeling
* Circle time games with 1 or 2 peers initially gradually increasing
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* Drama?? – role play/freeze frame/hot seating – possibly for older children?
* Sort feelings into comfortable and uncomfortable
* Could possibly colour code each feeling/emotion?

Resources

* Large scrap book or folder
* Coloured paper/card/felt tips/scissors
* Fuzzy felts
* Social stories
* Emotions bingo
* Mirrors
* Magazines
* Something to take photos – camera/ipad