



tdas

Break free from domestic abuse

feelings

Activity Guide

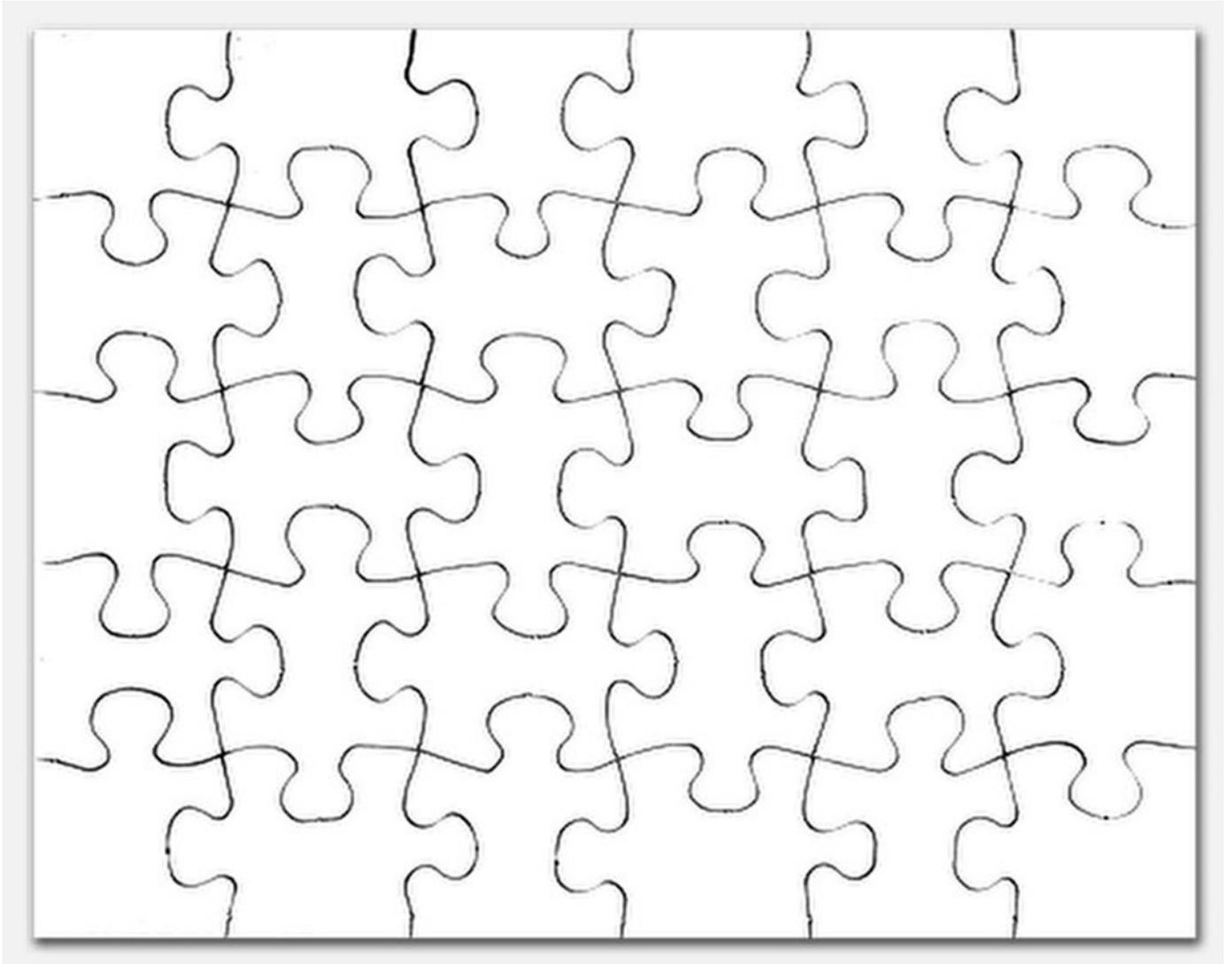
Activity 1: Mood Tracker. Ask the child to list as many feelings as they can and to assign a colour to each feeling. Ask them to complete the tracker every day by colouring in a puzzle piece, with the colour associated with their feeling.

*This allows the chance for a daily check in with the child and strengthens their awareness of support.

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mood Tracker

You know how you feel each day, better than anyone! Assign a colour to your emotion and colour in a jigsaw piece for each day of the month!



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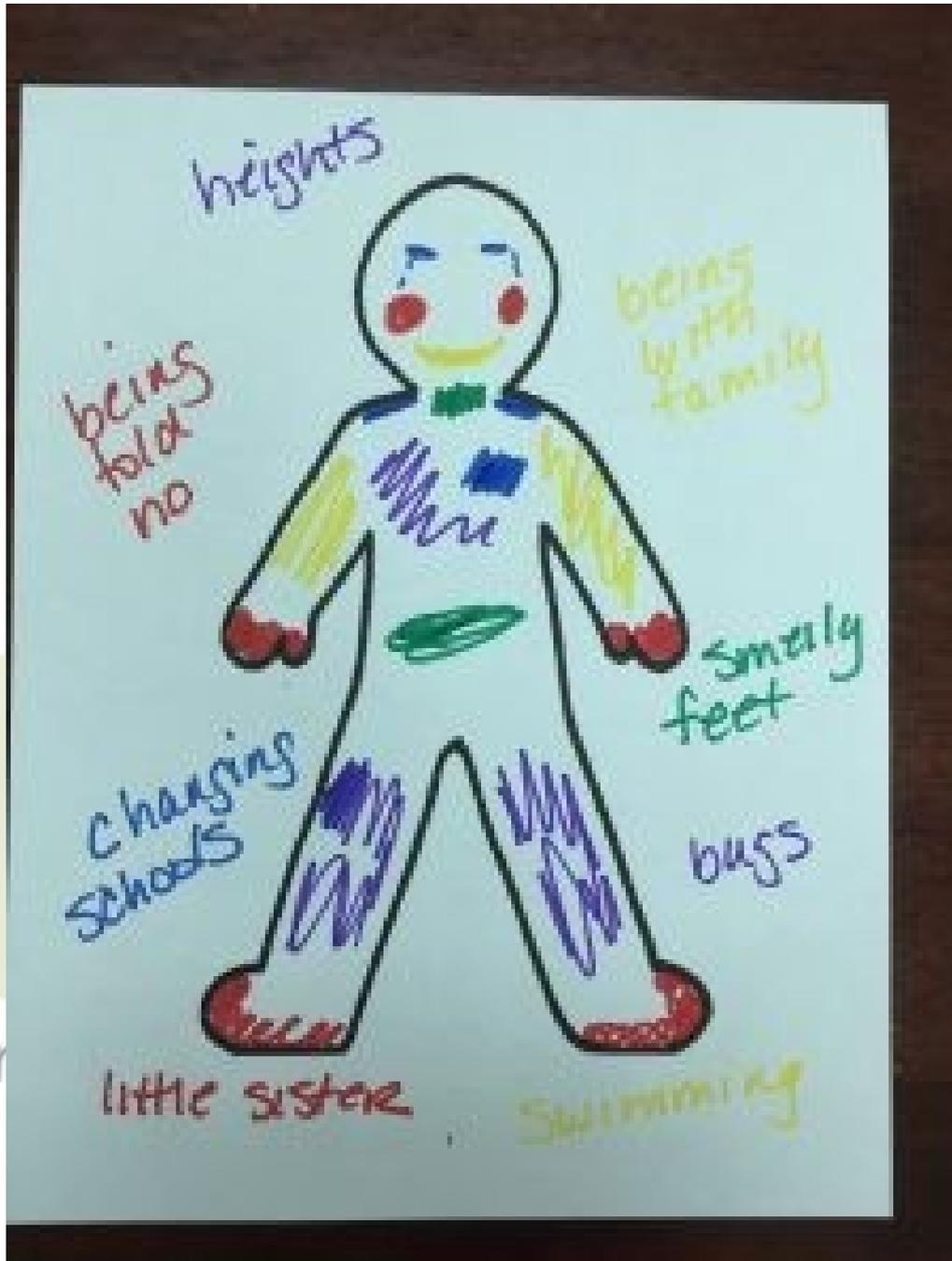
Activity 2: 'Inside Outside' - For this activity, you will need an outline of a person on a plain sheet of paper and 5 pens (red, blue, green, yellow & purple). These colours are to be associated with the five main feelings (red-anger, yellow-joy, blue-sadness, purple-fear & green-disgust).

Talk about what 'Outside' things make the child experience a feeling. E.G: for **ANGRY**, they might say "My little sister" or "Being told no". Ask the child to write those things in **RED** on the **OUTSIDE** of the person outline.

Next, talk about where and how feelings affect their body. E.G: for **ANGER**, they might say, "It makes me punch walls". Ask the child to take the **RED** marker and colour in their hands on the **INSIDE** of the body outline.

*This activity allows the child to identify and recognise how their emotions can manifest. It also allows the opportunity for positive coping strategies to be discuss.

Activity 2 Example



Activity Guide

Activity 3: Feelings Jenga – For this activity you will need a building block set of some form, ideally Jenga blocks. On each block, write an emotion. Set the tower up as normal and begin playing the game. Whenever a block is pulled out, read the feeling and think of a time you have felt the emotion. If none can be thought of, you can act out the emotion or list things that make the child feel the emotion.

*Include a good mixture of emotions, even words that may be new to the child.

ANGRY

Break tree

EXCITED

Happy

stic abuse

Worried

