



How are you feeling?



Discuss with your child `what makes you` happy, sad, worried or angry? You can use the feelings wheel (task 1) to help. Reassure them that these feelings are normal and can change many times throughout the day. We all have different feelings; our feelings come and go and change all the time. Help your child make a feelings wheel to show how they are feeling today. The wheel can be used throughout the day to show your child how our feelings are always changing. We can experience lots of different emotions/feelings in a day. They then can think about things that make them happy and make a poster to show what makes them happy.



Activity 1 – Create your own feelings wheel.

To make your feelings wheel all you need is scissors and a split pin. If you do not have these to hand you can still use the wheel as a feelings board. Spin the wheel or place the arrow on a feeling to show how you are feeling today. Discuss with an adult how you are feeling today and why? This can be done at different periods of the day.



Activity 2 – Positive thinking – What makes you happy?

In each bubble draw a picture of what makes you happy e.g. visiting family, playing with friends or your favourite sports team winning etc. You can draw a smiley, happy picture of you too!

