

Show your feelings

To help your child to recognise and identify other people's feelings

You will need:



Draw or stick pictures in these spaces...

Draw or stick a picture of a sad lady here



ASK: Why do you think the lady is sad?

Draw or stick a picture here of a happy boy



ASK: Why do you think the boy is happy?

Draw or stick a picture here of an angry girl



ASK: Why do you think the girl is angry?

Let's talk...

Talk about how the person is feeling and why they think that. This is also a good activity to try when you are waiting for a bus, eating in a busy restaurant, watching TV or walking in the park.



You could also take pictures of each other looking sad, happy, angry etc.

You can also play this game if your child is upset. Drawing pictures helps children to express their feelings and encourages them to talk.