**Bottled up feelings**

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**Note: -**

This can be a good practical activity, helping the child/young person to understand what can happen when feelings are bottled up.

**Guidance: -**

1. Using a bottle of coke talk to the child/young person about feelings, how we have good feelings that make us feel happy and also feelings that make us feel sad, angry, upset, and confused.
2. Explain that you are going to talk about the feelings that make us feel sad, angry, upset, and confused.
3. Refer to the bottle of coke as a representation of a person (do not make this personal) and the rotten day they are experiencing. Talk through a day and all the ‘bad’ things that are happening, each time you knock over the bottle.
4. When you have finished and the pressure has built up in the bottle, release the cap and watch the coke explode out and overflow.
5. Talk to the child/young person about the importance of managing feelings of anger and frustration to prevent an explosion.
6. Look at strategy cards to think about what techniques could help a child/young person/young person cope with these feelings of frustration.

**Resources:**

* Wallpaper
* A variety of pens
* Bottle of coke
* Portable printer
* Life Story book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**