**Feelings in colour**

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**Notes:-**

A simple activity to discuss feelings using colour, once completed, if the child prefers, you can refer to the colour rather than the feeling … ‘a bit of a blue day today’.

**Guidance:-**

1. Ask the child/young person if their feelings were colours, what colour they would be.
2. Use this opportunity to talk about the feeling and emotions, to aid their understanding.
3. Be curious when asking what they do when they feel …, who do they go to? What helps? What doesn’t help?

**Resources:**

* Wallpaper
* A variety of pens
* 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**

**Happy**

**Scared**

**Nervous**

**Interested**

**Angry**