**Feelings or Emotions Jars (taken from local resources)**

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**Note: -**

This activity is a visual way to help you identify how often the child/young person will feel the way they do. You can explore with the child/young person what they think would help them.

**Guidance: -**

1. Fill your jar or bottle with salt, gently tap it on a hard surface to settle the salt, and then top up any gap.
2. Identify which colour of chalk is associated with what feeling
3. Using either the paper plates or the food bags, pour some of the salt from the jar onto each plate or into each bag. The amount in each will depend on how much is needed to represent a particular emotion.
4. Gently rub the chalk into the salt until you are happy with the depth of colour.
5. One at a time, pour the salt back into the jar or bottle. Place some cotton wool at the very top (to pack the salt in place) and seal with lid.

**Resources:**

* Wallpaper A clear jar or bottle (plastic or glass).
* Salt
* Coloured chalks
* Paper plates or small, sealable plastic food bags
* Cotton wool
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* Portable printer
* Life Story book
* **Write the important comments the chilld/young person says on the wallpaper.**
* **Take photos, print them and stick them into the chilld/young persons folder.**
* **End with a game to reconnect**

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