**Icebergs**

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**Note:** -

Using your knowledge of the child/young person you may be able to identify one or two feelings that stand out above the others. For example, if the child is feeling ‘unhappy’ then this activity may be a way to open up discussion and talk about their difficulty and the reasons behind their unhappiness.

**Guidance: -**

1. To explore feelings further talk to the child about icebergs how the tip of the iceberg is visible above the water but there is a huge expanse below. Relate this to their feeling.
2. Draw a picture of an iceberg on the wallpaper to clarify their understanding. Notice out loud with the child the feeling that has come to your attention and write the feeling in the top part of the iceberg.
3. Use ‘wondering’ to explore how they are feeling in greater detail, ask the child to write why they feel in a particular way in the expanse below the water line on the iceberg.
4. Show curiosity about what they have written.
5. If its school related, ask the child’s permission to show the picture of the iceberg to the school. This will show that you are taking them seriously and acting on the information given.

**Icebergs**

* **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**

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer