**Pictures Representing Feelings (Rose 2012)**

­**Notes:** -

This symbolic representation will help the child understand the feeling.

**Guidance: -**

1. Briefly recap on the feelings that were shared in the previous session.
2. Ask the child to draw a picture to represent each feeling, for example, an alarm clock to represent ‘annoying’ (remember to write the feeling by the drawing). You can choose a theme to help: food, activities, shoes, animals etc.
3. To aid their understanding draw a picture alongside them.
4. Make sure you take a photograph of each individual picture the child draws, print five copies of each feeling. These pictures will be used towards the end of the Emotional Literacy work when reviewing what has been achieved. Allowing the child to express how they are feeling without the need to verbalise it, see activity ‘Pictures to Represent Feeling…cont.’

**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**