**Emotion, how to identify them**

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**Note: -**

Talk about the different feelings and emotions. Explain that our emotions help us to identify how we are feeling. When talking about emotions ask the child/young person what is happening in their body. For example, when discussing ‘anxious’, how does this feel in their body?

**Guidance: -**

1. Draw a person on the wallpaper.
2. Write all emotions that we can feel when we are anxious around their picture.
3. Some suggestions for the ‘stuck’ moments.
* Sweating
* Quick heartbeat
* Dizzy
* Lots of thoughts
* Crying
* Headache
* Can’t speak
* Feeling sick
* Wanting to run away
* Needing to go to the toilet
1. Empathise about how this must feel.
2. Talk to the child; let them know that everybody feels anxious at times but there are strategies that can help.
3. If the child/young person has a particular worry that makes them feel anxious, your next activity could be ‘Icebergs’.

**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**