**Introduce Feelings**

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**Notes: -**

You are trying to understand how many feelings the child/YP can name. These are not necessarily the feelings that the child/YP may be feeling, keep it general.

**Guidance: -**

1. Ask the child to name as many feelings as they can and get them to write them on the wallpaper, for a child who struggles to write, offer to write for them.
2. Show curiosity and try to get them to identify more.
3. When the child can’t name any more feelings offer them the feelings cards. (Prepare in advance, pick about 10 that may relate to the child you are working with, an equal mixture of feelings is ideal).
4. Indicate or remember which feelings the child suggested and the ones that were taken from the cards, this may be helpful later when you’re reflecting on the work and the child’s understanding.
5. Discuss the feeling to ensure their understanding. You can ask if they have ever felt a particular feeling; write down on the wallpaper what the child says.

* **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
* Life Story book
* Feeling cards