

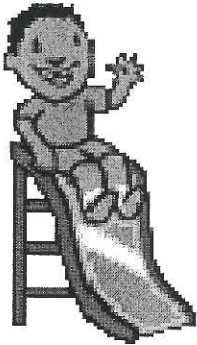
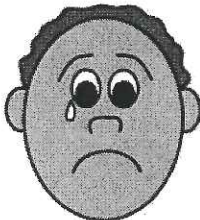
Helping children understand feelings

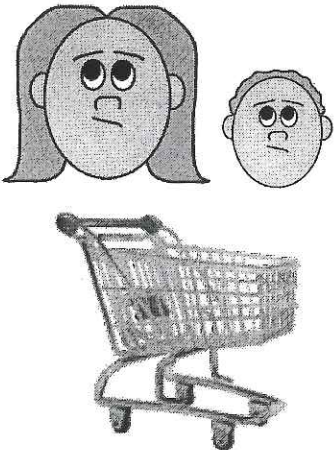
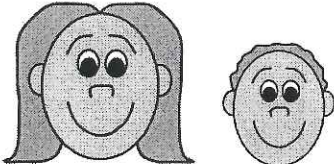
It can be difficult for some children to understand other people's emotions; here is an idea you can use to help children understand cause and effect relating to feelings.

This can be used with children to help discuss e.g. playground disputes, classroom behaviour, etc. related to understanding others' emotions. Don't forget to use it to discuss positive emotions too.

Here are 2 examples of how to use the forms

1. Draw/write the "who?" and "where?" (try to use names that do not relate to the child)
2. Choose how the "who?" feels
3. Discuss "who?" "where?" and the feeling; encourage the child to draw a picture/write in the middle box to show what happened.

"Who?" and "where?"	What happened?	How do they feel?
 <p data-bbox="183 1167 528 1196">[adult draws/writes scenario]</p>	<p data-bbox="619 696 924 757">[child draws picture/writes words here]</p>	
Billy is in the playground		Billy is Sad

Who and where?	What happened?	How do they feel?
 <p data-bbox="196 1960 541 1989">[adult draws/writes scenario]</p>	<p data-bbox="616 1426 920 1487">[child draws picture/writes words here]</p>	
Peter is at the shops with his mummy		Peter and mummy are very happy!

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"Who?" and "Where?"	What happened?	How do they feel?