

Purpose

To make the child get in touch with his/her feelings and think about the situations that make him/her feel that way.

Required material

Sheet attached and coloring material (colored pencils, markers, crayon, etc.).

Step-by-step activity:

1. Print the attached sheets.
2. Explain to the child how important it is for us to recognize situations that make us feel “sad”, “happy”, “afraid” and “angry”.
3. Ask him to draw a situation where (s)he felt each of these emotions.
4. Acknowledge their feelings, validate and talk about each situation presented só that the child can talk openly about his/her emotions.
5. Depending on your situation, ask what you could do to help him/her feel better, feel happier, or what (s)he has learned about that situation.

NOTE: Every way of expression (drawing, speaking, attitude) can help parents understand more about their children, how they feel, and help them to deal with the situation.



I feel scared when ...



A large, empty rectangular box with a thin black border, intended for a user to write or draw their response to the prompt 'I feel scared when ...'.



I'm happy when...



A large, empty rectangular box with a thin black border, intended for a user to write their response to the prompt 'I'm happy when...'.



I get sad when...



A large, empty rectangular box with a thin black border, intended for drawing or writing.



I get angry when...



A large, empty rectangular box with a thin black border, intended for a user to write or draw their response to the prompt 'I get angry when...'.