

## How to Use 'Feelings Faces' and 'Feeling Words' – Parents

Children usually know some feelings words, but often don't realise how many feelings there are. Children manage their feelings better if they know how to talk about them. This takes practice and needs lots of help from parents. The suggested games help children learn words to talk about their feelings. Feel free to make up your own too!

- ❖ Say a feeling word (use 'Feeling Words' if you like) and ask your child to point to a face that looks like the word. Be positive about your child's choice, even if it's not quite right, and then show which one you would choose. Remember there are different ways and words to talk about feelings.
- ❖ Point to a face and ask your child to tell you what he thinks the feeling is.
- ❖ Ask your child to point to some 'good' feelings or some feelings that 'don't feel good'.
- ❖ Ask your child to point to a face that shows how he feels right now.
- ❖ Ask your child to tell you about a time when he felt like one of the 'Feeling Faces'. You can take turns doing this, too.
- ❖ Ask your child to show you a feeling using their own face. Ask your child to say what it feels like, and then you can try to name it. Take turns doing this.
- ❖ When your child shows a feeling, ask him to say which 'Feeling Face' fits his feeling best. Use 'Feeling Words' to find the best word for it. You can also ask which feeling face and word best fits with how your child would like to feel instead.
- ❖ Ask yourself: "What could help him feel better?", Sometimes there isn't much that can be done to change things immediately, but simply talking about feelings can help.

## How to Use the 'Feelings Faces' and 'Feeling Words' - Children

You probably know some feelings words, but you might not realise how many feelings there are. There are lots of different words to name feelings. It's good to talk about feelings because it helps you manage them better. These games will help you learn more about feelings.

Here are some games to play with 'Feelings Faces' and 'Feeling Words'. Make up your own too!

- ❖ Take turns with a grown up to say a feeling word (use 'Feeling Words' if you like) and ask the other person to point to the best face for it.
- ❖ See if you can spot all of the 'good' feelings or all of the feelings that 'don't feel good'.
- ❖ Try and find the face that shows how you feel at different times like:  
*right now/yesterday/at school/ going to the dentist/doing homework/watching TV/playing outside/doing sums/when someone teases you/ playing with a friend/when your Mum says 'NO'/going on holiday/doing a test/going to bed.*
- ❖ Close your eyes and pick a face. See if you can remember a time when you felt like it.
- ❖ See if you can copy the faces in a mirror, or take turns with a friend or adult.
- ❖ Catch yourself having a feeling and pick a face for it. Then find the best word for it on 'Feeling Words'. If you can't find one, draw your own face and add it to the 'Feeling Faces' collection. If you're having a feeling that doesn't feel good, choose or draw a good feeling face to see if you can look like it. Then find the best word for the good feeling on 'Feeling Words'.