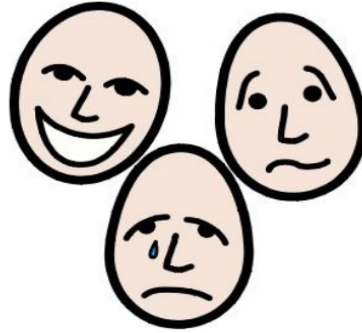


Feelings Activity

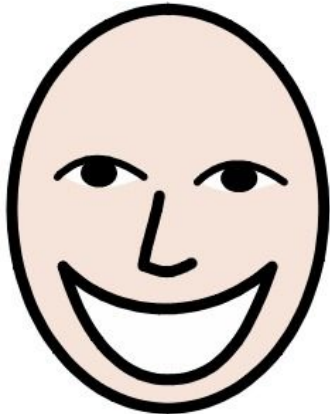


Change can be difficult for all of us, particularly those who find it hard to make sense of the world. Use the signs and symbols to help identify feelings and alleviate anxiety.

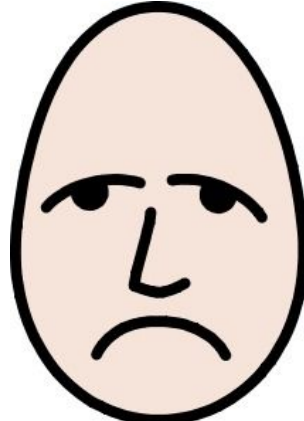
Instructions –

1. Print out the activity sheet but make sure it is printed on both sides of A4 paper.
2. Cut out around the perforated outline of each square.
3. Stick each square onto either an A5 or A4 sized laminated pouch.
4. Cut around each symbol.
5. Symbols can be hung on a book or key ring for ease of access.

HAPPY



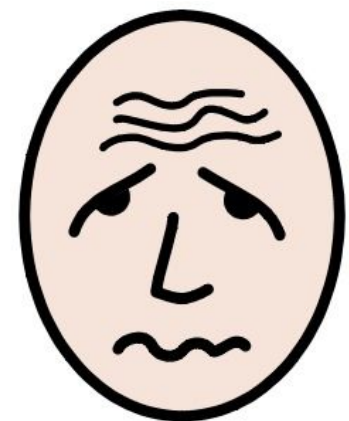
SAD



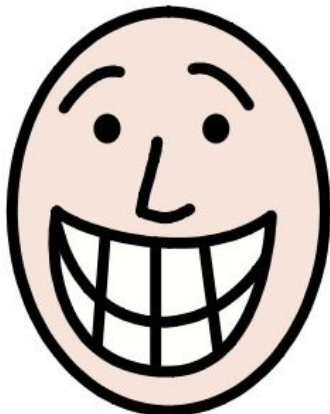
SCARED



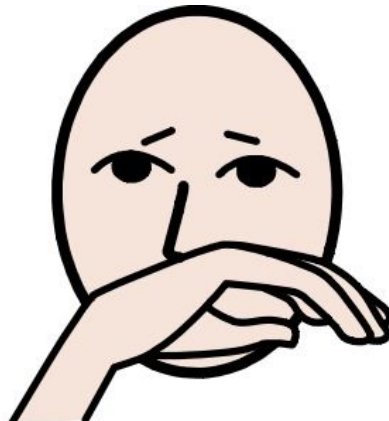
WORRIED



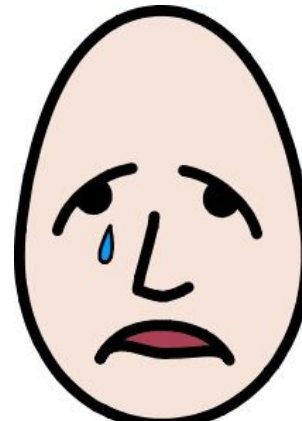
EXCITED



SHY



UPSET



NERVOUS



Index hands (palms back, pointing up) at either side of forehead, make short alternate movements backwards and forwards.

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Diagrams, text and descriptions ©SIGNALONG

Working clawed hand (palm back, pointing in/up) quivers over heart. Shoulders hunch, body shrinks back.

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Diagrams, text and descriptions ©SIGNALONG

Index hands (palms back, pointing in/up) at sides of lips make a short downward movement.

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Working cupped hand strikes twice across supporting palm moving towards heel of hand.

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Working clawed hand (palm back, pointing in) makes inward circle against the chest.

Use appropriate facial expression.

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Working bent hand (palm back, pointing in) fingertips against chest, twists to palm up while maintaining contact.

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Diagrams, text and descriptions ©SIGNALONG

Working index (palm in, pointing up) touches chin; then hand twists to palm back while maintaining contact.

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Diagrams, text and descriptions ©SIGNALONG

Clawed hands (palms back, pointing in) against upper chest, alternately move rapidly up and down while maintaining contact with chest.

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