

RECOGNISING FEELINGS

This exercise will help your child identify physical changes and how the body responds. For example, physical signs of anger are clenched fists, sweating, tight muscles, and chest.

Knowing these physical symptoms will create greater awareness of identifying emotions related to physical sensations. For young children, describing how it feels physically can be more tangible in recognizing emotions. These can help children manage their anger before it becomes more difficult to manage.

HERE ARE SOME PROMPTS TO HELP YOUR CHILD TO SPOT PHYSICAL SIGNS:

General Prompts

- How does my body feel when I feel angry?
(tensed muscles, face feeling hot)
- How does my body look? (clenched fists, shaking)

Specific Prompts

- How did you feel inside your body? Did you feel hot or cold?
- How did your head feel? Did you feel focused or dizzy or have a headache?
- How does your heart feel? Did your heart beat faster?
- How is your breathing? Did you breathe heavily or calmly?
- How did your muscles feel? Your arms, your shoulders, your jaw?
- How does your stomach feel? Did you get a stomach ache or feel knots in your stomach?



In the worksheet below, the physical symptoms of these emotions are listed. During the exercise, your child can also spot signs he/she spots in the body – this will help your child to visualize reactions in their body when they feel a certain emotion.

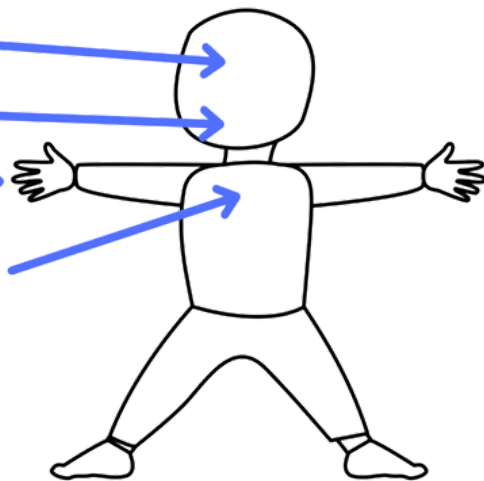


An example of how this section can be filled

How does my body feel when I am angry?

Label how it feels in my body

- Face turning red
- Verbal outbursts
- Clenched fists
- Tight chest and muscles
- Start to sweat



ANGER

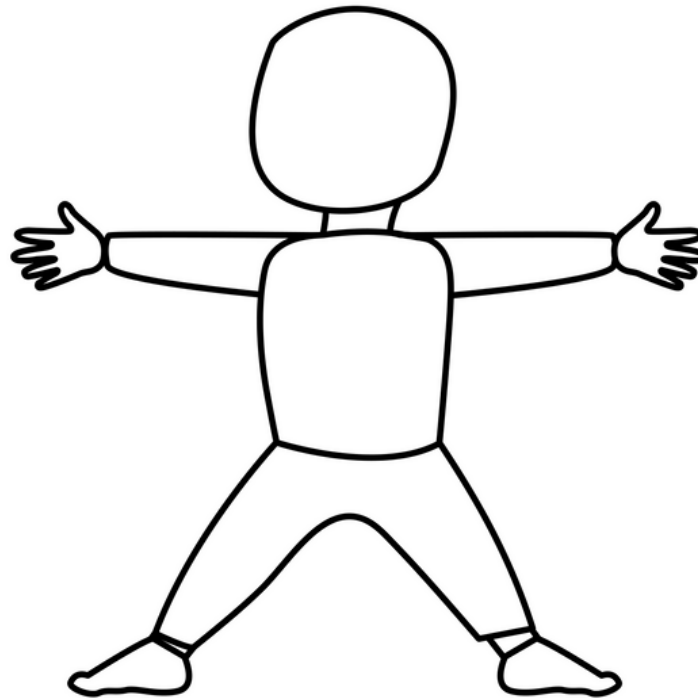


Physical Symptoms

- Clenched fists
- My muscles feel tight
- I feel tense
- Verbal outbursts
- A particular facial expression
- My face feels hot
- My heart beats faster
- My jaws are clenched
- I have an upset stomach
- I feel warm
- My palms get sweaty

I feel angry when

How does my body feel when I feel angry?



ANXIOUS

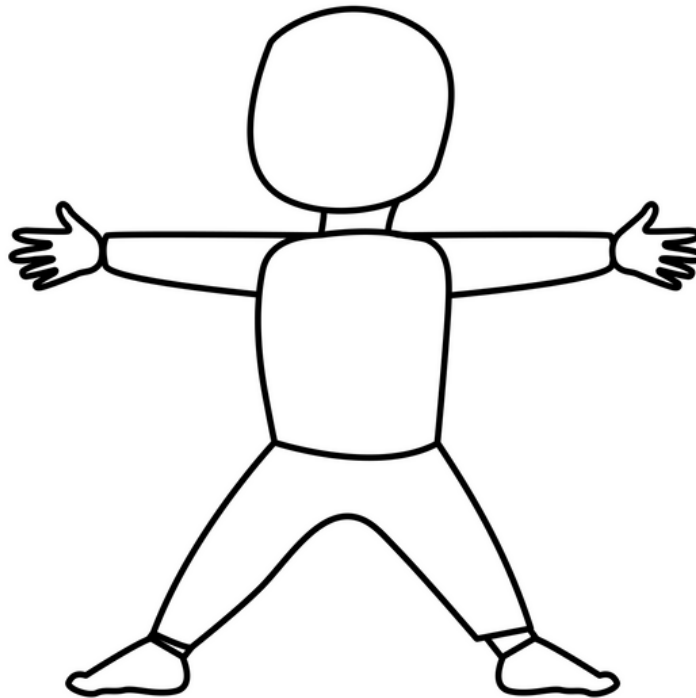


Physical Symptoms

- I am sweating
- My heart is racing
- I have headaches
- I feel sick
- I have an upset stomach
- I am shaking or trembling
- I have trouble sleeping
- Breathing rapidly

I feel anxious when

How does my body feel when I feel anxious?



SAD

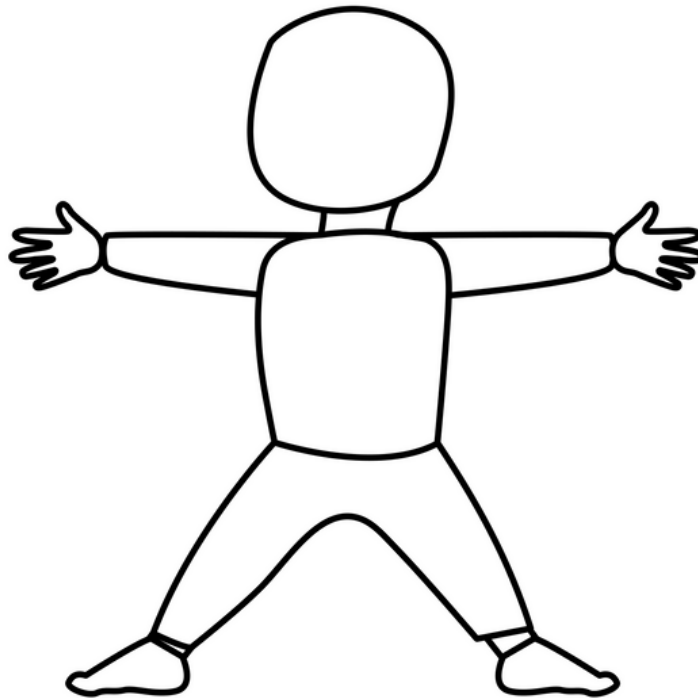


Physical Symptoms

- I feel tired
- I cried
- My shoulders are hunched
- I have no appetite

I feel sad when

How does my body feel when I feel sad?



HAPPY

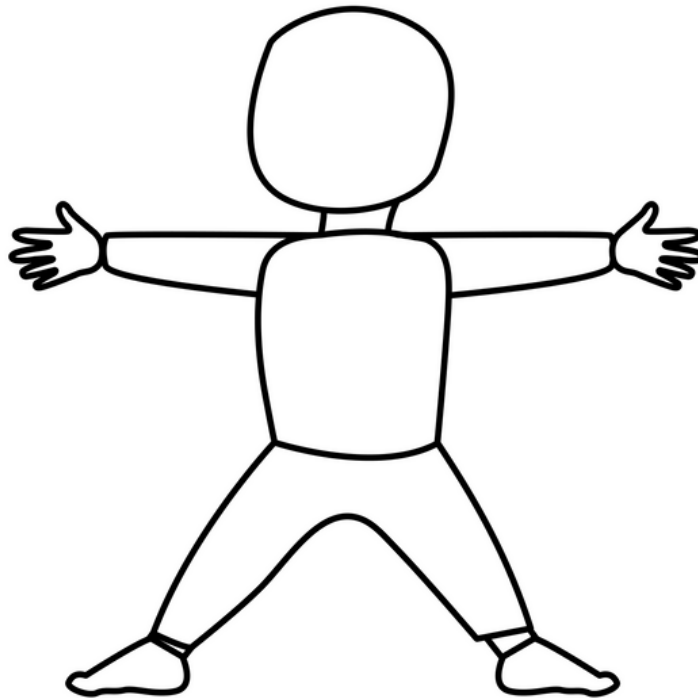


Physical Symptoms

- I feel energetic
- I am smiling
- My body feels warm

I feel happy when

How does my body feel when I feel happy?



CALM

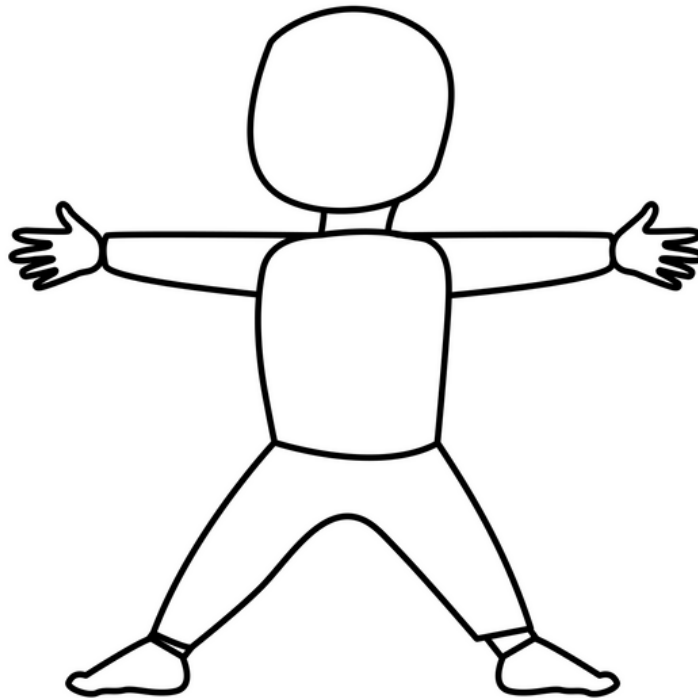


Physical Symptoms

- I am breathing calmly
- I feel warm
- I feel focused

I feel calm when

How does my body feel when I feel calm?

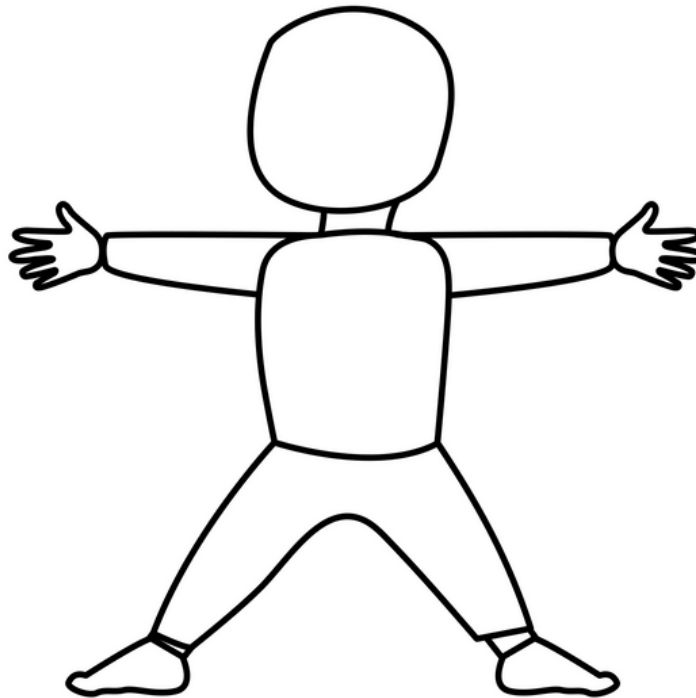


I FEEL _____



When do I feel like this?

How does my body feel?



I FEEL _____



When do I feel like this?

How does my body feel?

