Use these worksheets with children, young people & adults.

These worksheets can assist others in recognising & labelling their emotions.

They are particularly useful with those that struggle to articulate their feelings.
What are they?

- A creative way of representing your feelings - 2D or 3D

Who are they for?

- Any person struggling or reluctant to communicate verbally

Why are they useful?

- Increases emotional literacy & the ability to recognise feelings
- Promotes right brain/left brain activity
- Encourages reflection & re-evaluation

How do I use them?

1. Decide whether to complete a worksheet or 3d structure with client
2. Identify a specific past/present situation e.g. Argument with parent
3. Suggest client choose colours/shapes/items to represent each feeling
4. Colour/fill jar proportionate to strength of feeling
5. Discuss/reflect with client

What equipment do I need?

If you choose the worksheet, consider the following equipment...

- Worksheet & pens/colouring pencils/felts/paint/stickers/tissue paper & glue

If you choose the jar/container, consider the following equipment...

- Jar & marbles/shells/coloured sand/stones/beads/buttons/coloured rice/coloured pasta (perhaps include glass paints/pen to decorate or name jar)

Examples
Feelings can be split into 4 categories...Anger, Sadness, Happiness and Fear. Sometimes it’s hard to recognise these feelings...have a look at the symptoms in the table below and think of a situation where you might have felt each of these feelings...

<table>
<thead>
<tr>
<th>EMOTION</th>
<th>Anger</th>
<th>Sadness</th>
<th>Happiness</th>
<th>Fear (known reason)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Anxiety (unknown reason)</td>
</tr>
<tr>
<td>PHYSICAL SYMPTOMS</td>
<td>Fast heart</td>
<td>Tired/low energy</td>
<td>Relaxed</td>
<td>Fast heart beat/skipping beats</td>
</tr>
<tr>
<td></td>
<td>Tension (clenching jaw/fists)</td>
<td>Loss of appetite</td>
<td>Light in the chest (light hearted)</td>
<td>Sweating</td>
</tr>
<tr>
<td></td>
<td>Head ache</td>
<td>Hard to concentrate</td>
<td>Want to smile</td>
<td>Shaking</td>
</tr>
<tr>
<td></td>
<td>Stomach ache</td>
<td>Heavy chest</td>
<td></td>
<td>Short of breath</td>
</tr>
<tr>
<td></td>
<td>Hot flushes</td>
<td></td>
<td></td>
<td>Hard to swallow</td>
</tr>
<tr>
<td></td>
<td>Dizziness</td>
<td></td>
<td></td>
<td>Dry mouth</td>
</tr>
<tr>
<td></td>
<td>Sweating</td>
<td></td>
<td></td>
<td>Butterflies in tummy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COLOUR</th>
</tr>
</thead>
</table>

...Choose a colour for each feeling & write / colour your choice in the appropriate box.

IntraQuest
T: Jenny: 0752 7662679   T: Karen: 07549190666   E: info@intraquest.co.uk   W: www.intraquest.co.uk
Choose a colour for each feeling.
Pretend the below jar is you and think of how much
anger, sadness, happiness and fear you are feeling.
Colour in the jar accordingly.

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