

Binoculars for Looking Inside

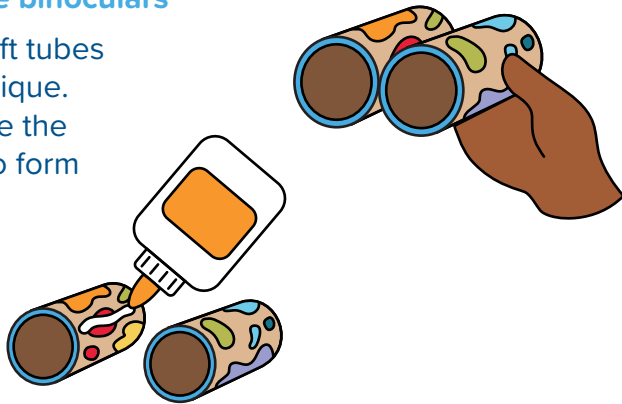


Additional Materials

- Toilet paper rolls or cardboard craft tubes
- Glue or tape
- Markers, stickers, & decorations
- My Special Aflac Duck®
- Feeling Cards

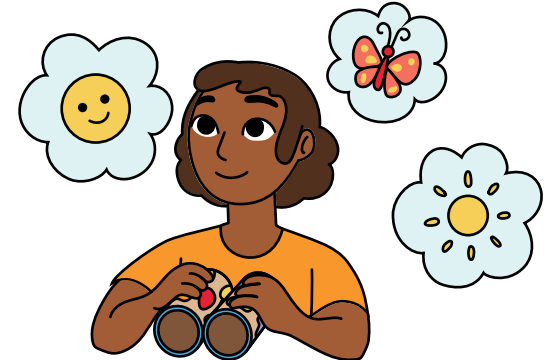
1. Assemble the binoculars

Decorate the craft tubes to make them unique. Then glue or tape the tubes together to form the binoculars.



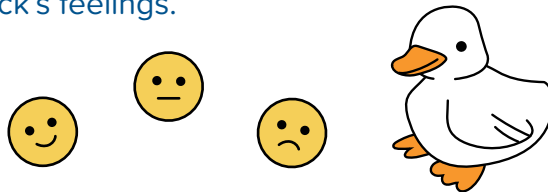
2. Talk about how binoculars work

Explain that normally binoculars are used to notice what is going on around you but these binoculars are different. They can help you discover what is happening in your body and your mind.



3. Name the duck's feelings

Try hiding the feeling cards in the duck's backpack, under their wings, in their beak, and/or under their feet. Have the child use the binoculars to scan the duck, then search for and name the Duck's feelings.



4. Do a body scan

Encourage the child to scan their body with the binoculars, starting at their feet and moving upward. Invite the child to notice how their body feels; what emotions they are carrying and where? How heavy or light and how big or small are the emotions?

