



My feeling has a story

A creative activity for noticing emotions without judging them

For the supporting adult

Feelings can be difficult to explain, especially when words are not readily available. This activity lets a child describe an emotion through colour, texture, movement, weather and body clues. There are no right answers. Follow the child's choices, accept "I don't know", and avoid interpreting a picture for them.

1. Choose

Choose one feeling, or begin with "something I notice inside".

2. Explore

Select or cut out cards that seem to match the feeling.

3. Create

Draw, colour, arrange or glue the choices onto the template.

4. Wonder

Use gentle questions. The child may pass, point or respond later.

Helpful language

"Show me what fits." "Where do you notice it?" "Does it want space, movement, comfort or company?"
"What would help by one small step?"

What does the feeling feel like?

Cut out, point to or circle any texture that fits



Hard



solid • tight • braced

Soft



gentle • loose • padded

Prickly



sharp • irritated • alert

Cold



chilly • numb • distant

Smooth



steady • even • flowing

Squashy



heavy • wobbly • pressed

Sticky



hard to shift • clinging

Fluffy



light • fuzzy • floating

Hot



burning • flushed • fiery

How does the feeling move?

Choose the energy, speed or direction that seems closest



Fast



racing • buzzing • urgent

Slow



dragging • heavy • delayed

Still



frozen • quiet • waiting

Bouncy



springy • lively • jumpy

Swirly



confused • circling • busy

Shaky



trembling • fluttering

Growing



getting bigger • building

Shrinking



pulling inward • hiding

Changing



coming in waves • shifting

If the feeling were weather...

Use a card, add your own colour, or draw a completely different idea



Sunny



bright • open • warm

Stormy



loud • charged • powerful

Foggy



unclear • distant • lost

Rainy



heavy • releasing • grey

Windy



restless • pushed • changeable

Icy



numb • guarded • still

Red



strong • hot • urgent

Blue



low • quiet • spacious

Mixed



more than one thing at once



Build the story of this feeling

Write, draw, colour or glue your chosen cards into the spaces

The feeling might be...

Its colour or weather...

Its texture...

The way it moves...

I notice it in my body...

It might need...

What might help this feeling?

A gentle ending - not a demand to make the feeling disappear



Something I want an adult to know...

Something my body might need...

A person or place that helps me feel safer...

One small thing I could try...

Remember

Every feeling is allowed. A feeling can be strong without being bad, and mixed feelings can exist together. If talking feels too much, the child can point, draw, choose a card, take a break or return later.