

[Talking About Feelings Parent Workshop](#)

[Parent Workshop Resource Pack](#)

Bi-Borough SLT Levels of Support

The Bi-Borough School Aged Speech, Language and Communication Local Offer is provided through Central London Community Healthcare (CLCH) NHS Trust and the Bi-Borough Inclusion Service. The Whole System Approach works at a universal, targeted and specialist level, providing training and guidance to professionals and parents at all levels to identify and meet the needs of school-aged CYP. A Child/Young Person (CYP) may receive several packages from different levels at the same time, with specialist level interventions based on their need at a given moment in time.

Talking about Feelings Overview

Talking about feelings is a workshop designed to help parents to support their CYP with identifying and talking about how they are feeling, and to help them find strategies to manage their emotions appropriately.

Talking About Feelings Pack

This parent resource pack is designed to give you some further ideas to support your CYP's ability to label and manage their emotions at home.

How will Talking about Feelings help my CYP?



- Notice and identify emotions.
- Develop vocabulary related to feelings.
- Develop their ability to communicate their feelings
- Think about the perspective of others.
- Find and use appropriate strategies to assist them to manage their feelings.



What further support is available to my CYP in school?

Your CYP may be included in a Language for Behaviours and Emotions (LfBE) group in school.

Speak to your CYP's SENCo or Class Teacher for further information about this.

Pack Overview- What's Included?

Page	 Resources 
3-4	Person outline
5-14	Feelings picture cards
	Labelled – p.7-10
	Unlabelled – p.11-14
15-19	Feelings scenario
	Feelings scenario cards – prompts only – p.16-17
	Feelings scenario cards – suggested answers – p. 18-19

Page	 How To... Guides 
21	1. What is... emotional regulation?
22	2. How to... help children naming their emotions?
23	3. Why is it important to express feelings?
24	4. How to... release the emotion

Person Outline

What will the Person Outline Resource support?

The Person Outline resource sheet will help your CYP to develop awareness of their feelings, using prompts to encourage them to reflect and visualise the emotion they may be feeling at the time.

How to use the resource?

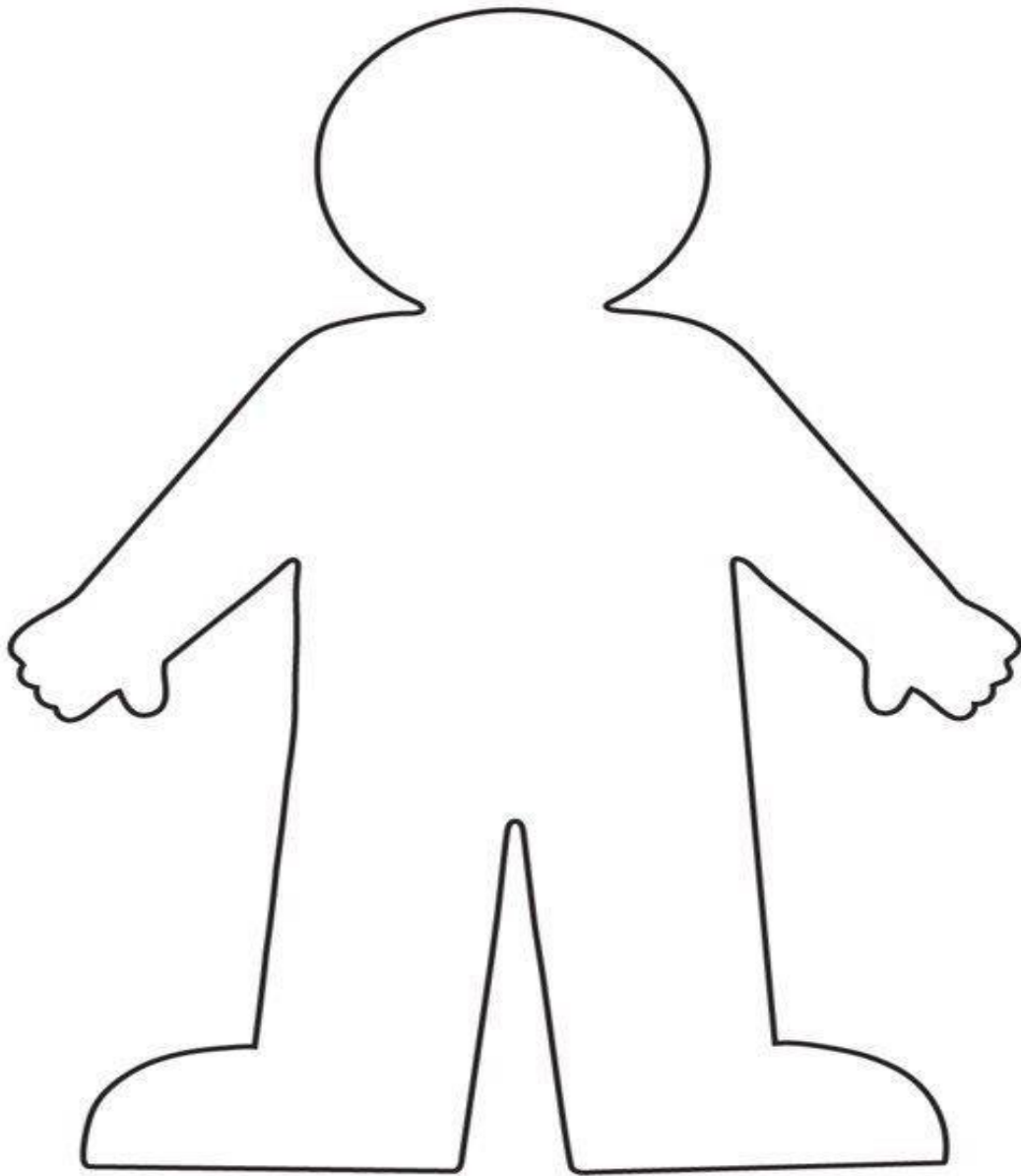
Activity	How To	What do I need
Expressing own feelings	<ul style="list-style-type: none">- Encourage your CYP to decorate the person on the sheet in a way that matches how they are feeling themselves.	<ul style="list-style-type: none">- Person outline resource sheet- Colouring pens/ pencils- Glue sticks- Coloured paper- Magazines or newspaper cuttings
Thinking about feelings/ scenario prompts	<ul style="list-style-type: none">- Pick an emotion to focus on, e.g. nervous- Encourage your CYP to think about the person might be feeling. Use arts and craft resources to explore and represent your CYP's answers	<ul style="list-style-type: none">- Above arts and craft resources- Colouring pens/ pencils- List of question prompts (see page 6)

Top Tips

- Read through the prompt questions, supporting your CYP to answer them, and to use the craft resources to help them represent their chosen feeling
- Feel free to use a mix of arts and craft resources, e.g. pictures cut from magazines, tissue paper, tin foil, glitter etc. This may help support your CYP to explore the sensations and feelings attached a particular emotion.



Person Outline



Question Prompts

- Where in the body might someone have that feeling?
- If the feeling had a colour, what would it be?
- If it had a shape, what would it be?
- If the feeling had a sound, what would it be?
- If the feeling had a sound, what would it be?
- If the feeling were an image or picture, what would it be?

Feelings Picture Cards

What will the Feelings Picture Cards support?

Feelings picture cards will help your CYP to develop their ability to identify and label various feelings. They can also be used alongside a “Feelings Check In” visual. We have included both labelled and unlabelled copies of this resource.

How to use Feelings Picture Cards?

Activity	How To	What do I need
Matching & sorting game	<ul style="list-style-type: none">- Print and cut out 2 sets of picture cards- With your CYP, pick an emotion, and try to match it to the corresponding picture	<ul style="list-style-type: none">- 2 sets of the same type of card (labelled or unlabelled sets)- Scissors
Response and/or request cards	<ul style="list-style-type: none">- The labelled cards could be used as a visual aid on a mood check-in board- Encourage your CYP to let others know how they are feeling by displaying the relevant card	<ul style="list-style-type: none">- Scissors- Laminator if available- Keyring/ lanyard
Act It Out game	<ul style="list-style-type: none">- Using one set of picture cards, take turns with your CYP to take a card from a pile- Once a card has been chosen, the person who drew it tries to act out the emotion on the card, whilst the other player(s) guess which emotion it is.	<ul style="list-style-type: none">- Timer- 1 set of cards, cut out

Top Tips

- Use laminated cards
- Remember to give your CYP time to think of their answer
- You can also use the cards as prompts for a game of charades – takes turns acting out the chosen emotion, whilst the other person guesses which one it is

Feelings picture cards - Labelled



Feelings Cards



Cut here! 



happy



excited



nervous



sad



tired



angry



confused



hungry



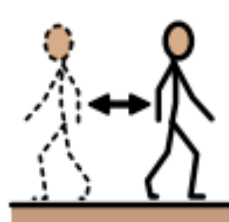
guilty



bored



hurt



restless

Cut here! 



Feelings Cards



Cut here! 



hot



cold



calm



jealous



disappointed



fear



unsure



silly



energetic



anxious



scared



embarrassed

Cut here! 



Feelings Cards



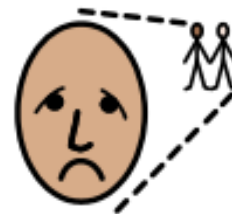
Cut here! 



focussed



proud



lonely



sick



annoyed



shy



good



ready to learn



relaxed



elated



furious



upset

Cut here! 

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Feelings Cards



Cut here! ✂



uncomfortable



frustrated



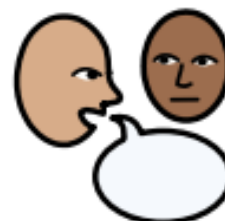
aggressive



generous



kind



talkative



hungry



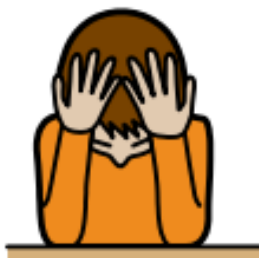
quiet



depressed



miserable



Overwhelmed



brave

Cut here!



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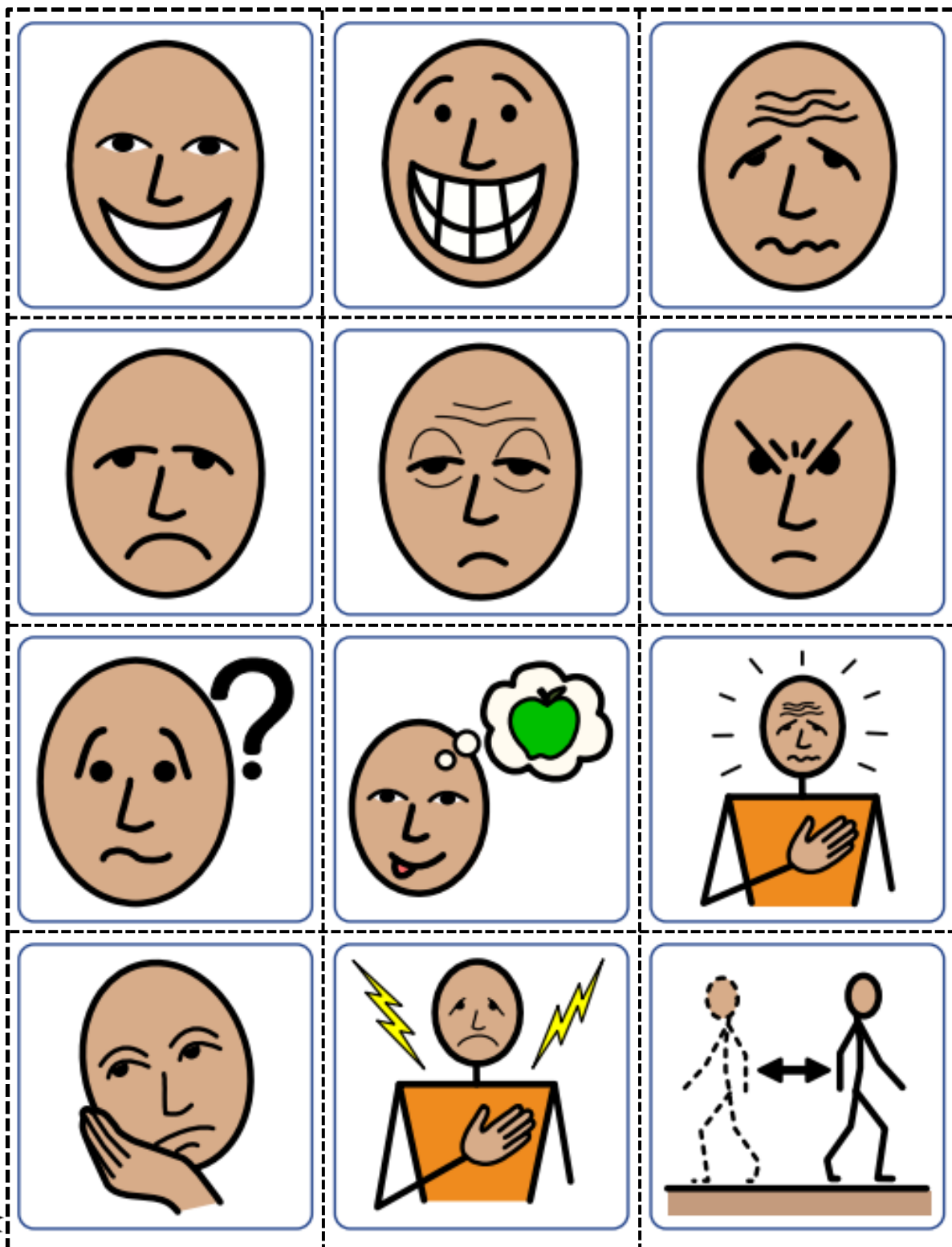
Feelings picture cards - Unlabelled



Feelings Cards



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Cut here! 

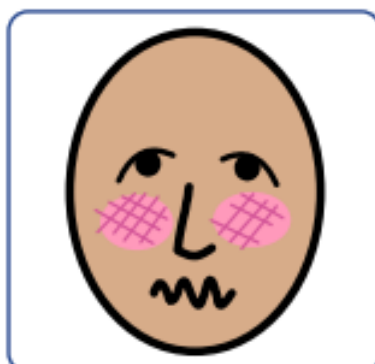
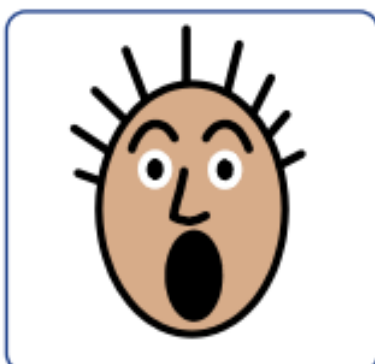
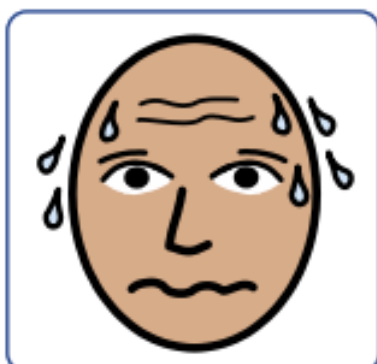
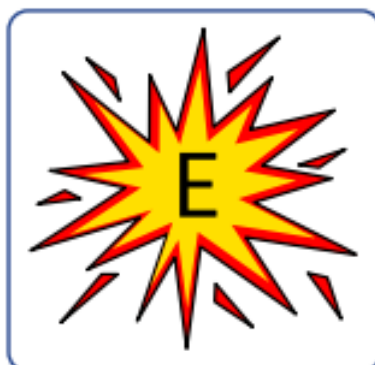
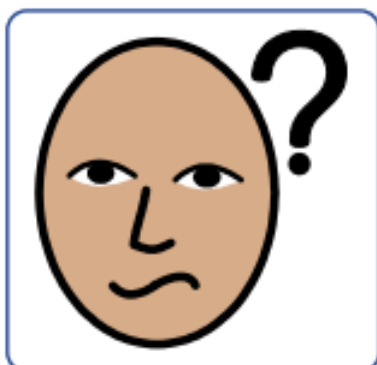
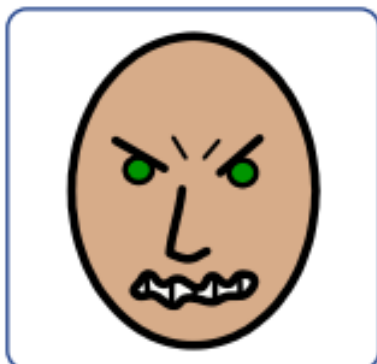
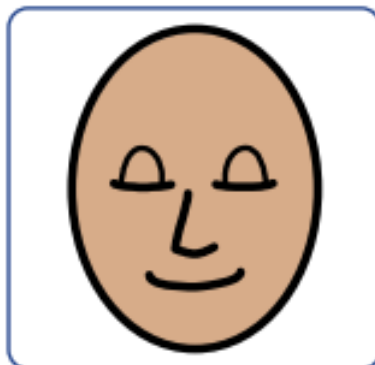
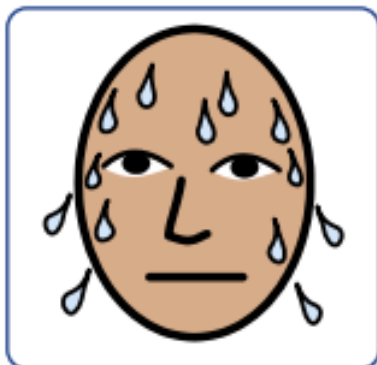
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Feelings Cards



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Cut here! 

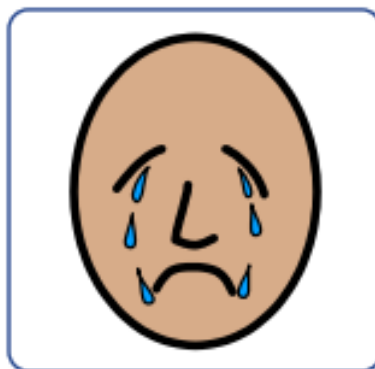
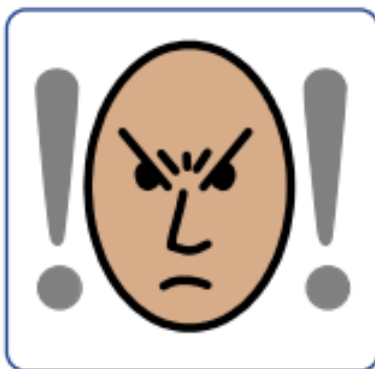
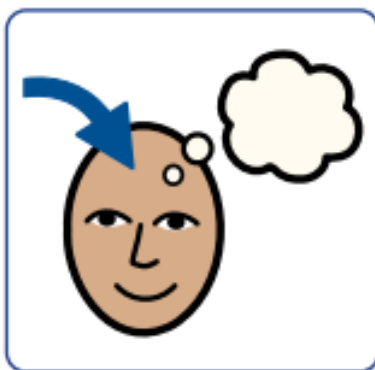
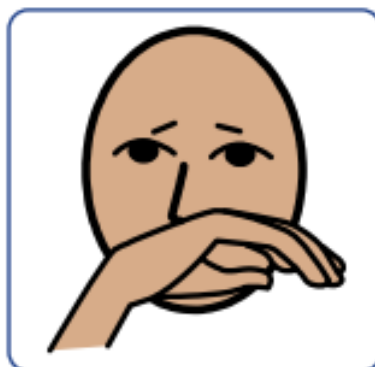
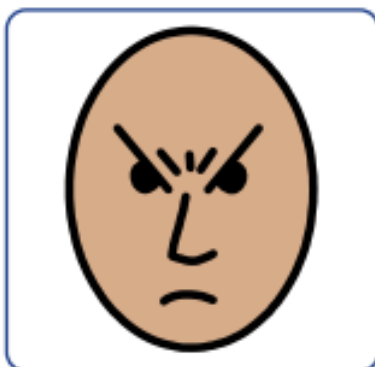
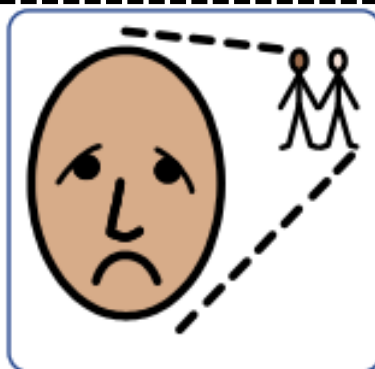
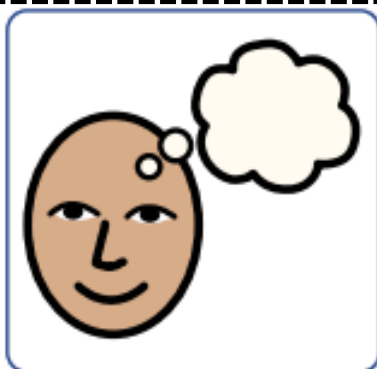
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Feelings Cards



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✂ Cut here!

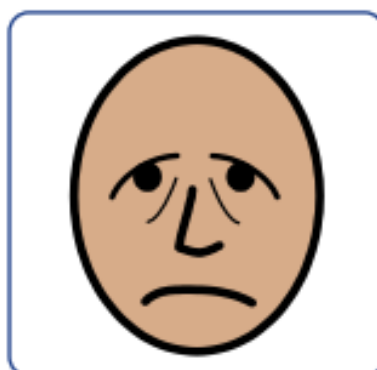
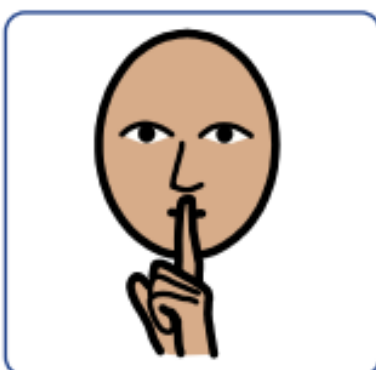
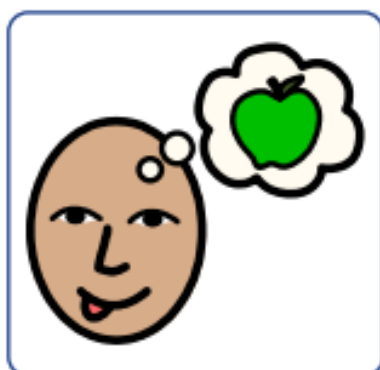
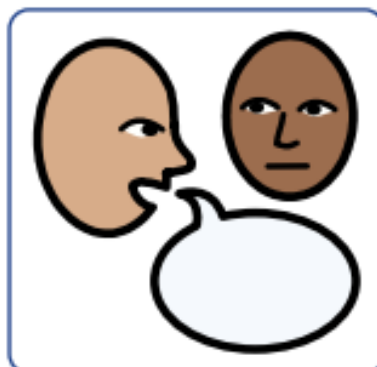
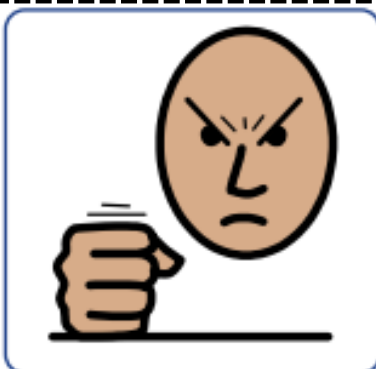
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Feelings Cards



Cut here! ✂



Cut here! ✂

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Feelings Scenario resource sheet

What will the Feelings Scenario cards support?

The Feelings Scenario cards will help your CYP to develop their ability to identify different emotions, and to reflect on how different situations may elicit different emotional responses.

How to use the Feelings Scenario cards?

Activity	How To	What do I need
Matching & sorting game	<ul style="list-style-type: none">- Print and cut out the scenario cards- Select one scenario- Encourage and support your CYP to think about which emotions may link with the chosen description	<ul style="list-style-type: none">- 2 sets of the same type of card (labelled or unlabelled sets)- Scissors

Top Tips

- Encourage your CYP to think of situations they have experienced, and how they felt at the time.
- The answer key suggests relevant emotions for each scenario, but it could be that you or your CYP associate it with another emotion – that's ok!
- If your CYP is finding it difficult to suggest an emotion, try prompting them
 - o *"Do you think he's happy or sad?"*
- Try being clearer, and try to explain your thought process
 - o *"I remember when I found a spider in the bathroom – I was so scared, because I don't like spiders! Do you like spiders?"*



Feelings scenario cards – prompts only



Cut here!



You forgot your lunch at home

You just won a running race

You've been told that your plans for the day need to change

You just saw a spider in your room

It's your first day at a new school

Your pet has gone missing

Your sibling just broke your favourite toy

Your friend's new scooter is better than yours

Your teacher asks you to do an activity, but you don't understand it

Cut here!



<p>You find out your friends are playing without you</p>	<p>You are listening to slow, peaceful music</p>	<p>There's a thunderstorm outside</p>
<p>You're stuck at home with nothing to do</p>	<p>You're listening to someone giving you instructions</p>	<p>You're not feeling well</p>
<p>Your parent caught you playing a game when they told you to go to sleep</p>	<p>You got full marks on a test</p>	<p>You're stuck on one level of your video game</p>

Cut here! 

Cut here! 



Feelings scenario cards – suggested answers



Cut here!



Cut here!



<p>You forgot your lunch at home</p> <p>Disappointed</p>	<p>You just won a running race</p> <p>Happy</p>	<p>You've been told that your plans for the day need to change</p> <p>Upset; disappointed; frustrated</p>
<p>You just saw a spider in your room</p> <p>Scared</p>	<p>It's your first day at a new school</p> <p>Nervous; excited</p>	<p>Your pet has gone missing</p> <p>Sad; worried</p>
<p>Your sibling just broke your favourite toy</p> <p>Angry; upset</p>	<p>Your friend's new scooter is better than yours</p> <p>Jealous; frustrated</p>	<p>Your teacher asks you to do an activity, but you don't understand it</p> <p>Confused; anxious</p>

<p>You find out your friends are playing without you</p> <p>Sad; jealous; angry; confused</p>	<p>You are listening to slow, peaceful music</p> <p>Calm</p>	<p>There's a thunderstorm outside</p> <p>Nervous; scared; excited</p>
<p>You're stuck at home with nothing to do</p> <p>Bored; frustrated</p>	<p>You're listening to someone giving you instructions</p> <p>Focused</p>	<p>You're not feeling well</p> <p>Sick; sad; tired</p>
<p>Your parent caught you playing a game when they told you to go to sleep</p> <p>Nervous; guilty</p>	<p>You got full marks on a test</p> <p>Proud; happy</p>	<p>You're stuck on one level of your video game</p> <p>Frustrated; confused</p>

How-to Guides

for talking about feelings

What is... Emotional Regulation?

Emotional regulation is the ability to manage **emotions** in response to situations and is deeply linked with **communication skills**.

When a child can name and talk about their feelings, they are better able to regulate them. You play a huge role in supporting your CYP's emotional development.

Here are a few tips:

- **Name emotions in the moment:** *"I can see you're feeling frustrated because your tower fell down."*
- **Model calm strategies:** *"I'm feeling cross, so I'm going to take a deep breath".*
- **Use visuals or books about feelings:** Emotion cards, social stories, or storybooks can help children understand emotions.
- **Praise emotional awareness:** *"Great job telling me you needed a break — that's how we calm down"*



To find out more, also look at 'How to release the emotion' and 'How to... help children naming their emotions' on our Communication Hub:

<https://communicationhub.org/>

How to... help children naming their emotions

There are multiple ways we can support our children to communicate how they feel, we can do this by:

- Let the child do the talking.
- Acknowledge how the CYP seems to be feeling (e.g., "You look happy").
- Help them justifying and reasoning their feelings (e.g., asking "why do you think he is feeling that way?" or "why are you feeling so sad?").



To further develop CYP's ability to label their emotions, you can:

- Add a feelings check-in to your routine.
- Play vocabulary games (e.g., memory pairs, bingo) to learn new labels for different feelings.
- Play a feelings brainstorm race- e.g. all the things that make people happy or discuss scenarios.
- Create a personal feelings dictionary adding different feelings over time and details like when they felt that way.
- Use stories or watch films about emotions (e.g. Inside Out).
- Find or create a story with lots of feelings adjectives in it and then blank those words out. Read/retell the story with/to your child and ask them to fill in the missing words. Use visuals to support your child to learn/find the emotional vocabulary.
- Play emotional charades. You can do this by taking turns to act out different emotions and getting the other person to guess.



Why is it important to express feelings?

Emotions are involuntary and sudden: they rise, get worse, and then fall and go away. Emotions can be caused by specific situations or thoughts

It is very important to express emotions because helps us to tell ourselves and others what we need.

So how can we start to do this?

1. Recognise and label feelings.
2. Understand when we might need help with our feelings.
3. Stop strong/ intense feelings from taking over our minds and bodies.
4. Let others know how we are feeling- it helps them to help us.



How to release emotions...

There are many ways we can release emotions; we need to find something that our Children and Young People enjoy doing and receive calmness and comfort from.

Art- colouring, drawing
painting or creating
collage



Writing- diaries,
poems, blogs.



Face or body-
acting, dancing
or singing.



**We can release
emotions...**

Music- Listening
to music or
playing an
instrument.



Talking to friends, family or
other important people.

