

Draw your own feelings card

Feelings can be hard to talk about sometimes. Making talking about feelings a part of the family's daily routine can be really helpful.

Younger children will need the support of their parent to use this language every day, naming good feelings and more difficult feelings.

As we look to returning to preschool and school, why not support your child to complete the Draw Your Own Feelings cards

<https://www.barnardos.ie/media/8669/draw-your-own-feelings-card-template.pdf?>

This way, their feelings can be visually represented for them and you. This will spark a conversation about what they are feeling that day and why.

Instructions:

1. Print and cut out the blank faces and the feeling words
2. In the blank faces, get your child to draw the expression/face of the feeling word.
3. Help them to match the feeling face to the feeling word