

# My House of Feelings Activity

- This is an opportunity to connect with your child and acknowledge how they are feeling during the lockdown.
- You can foster love and respect by accepting what your child does, says, feels and thinks.
- The focus is on tuning into her/his feelings rather than problem solving or creating pretty art work.



## How best to make use of this activity

### **Choose a good moment.**

Ensure you are able to prioritise 10 min with your child without any interruptions.

Make sure your child is regulated, e.g. isn't hungry and has had some movement opportunities before settling into this activity.

### **Everything your child does, says, feels and thinks is welcome.**

Describe what your child is doing

e.g. you are putting a lot of feelings into the house.

Show empathy by reflecting back what you heard, repeating or rephrasing the child's important words, summarise what the child might be thinking. Make sure you validate all feelings and resist the temptation to be defensive or offer solutions to conflicts.

e.g. 'Seems like..., It must be really difficult feeling left out/angry... You feel ever so cross with ... '.

### **Be playful.**

Invite your child to have a look what monkey is feeling about staying at home on the short video.

Alternatively, have a look how penguin is doing on the printable or simply ask the child's favourite soft toy.

### **Take the lead from the child.**

Let your child adapt the activity the way (s)he want to, e.g. your child might want to use emojis or playdough.

Let your child decide what to do with the creation, e.g. re-use another day, put on fridge door, into a diary or the recycling.

loved

brave

happy

jealous

confused

sad

curious

angry

surprised

bored



MY FEELING HOUSE