



FOR CHILDREN  
***Exploring Emotions  
and Self-Discovery***

*This book belongs to:*

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## **Introduction**

*Hey there, young explorers!*

*Welcome to an exciting journey crafted just for you, adventurous explorers! This special workbook, created in March 2024, is dedicated to all the incredible children and youth across the globe. Get ready to embark on a thrilling adventure where you'll uncover amazing facets of yourself and learn how to connect with others.*

*In this workbook, you'll find a series of engaging activities designed to nurture kindness, happiness, empathy, and emotional intelligence. Each activity is tailored to help you understand and express your emotions in a safe and supportive environment. By participating in these activities, you'll gain valuable insights into your feelings, develop strategies for emotional regulation, and discover the beauty of human connection.*

*Let's dive into the adventure together, guided by the belief that understanding and embracing our emotions is the key to fostering compassion, resilience, and harmony in our lives and communities. Are you ready to embark on this journey of self-discovery and exploration? Let's begin!*

**Forever grateful,**

*Gvette Leech*

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## Overview

1. *Kindness is...: Explore the magic of kindness and brainstorm ways to show kindness to yourself and others.*

2. *Drawing Happiness: Express your joy through drawing and discover what brings happiness to your heart.*

3. *Matching Emotions: Identify and match facial expressions to different emotions, fostering empathy and understanding.*

4. *Feeling Loved: Reflect on the various ways people can make you feel loved and valued, nurturing your emotional well-being.*

5. *Understanding Emotions: Reflect on your own emotional responses in different scenarios and learn strategies for emotional regulation.*

6. *Drawing Expressions: Illustrate your current mood through drawing, allowing creative expression of your feelings.*

7. *Outdoor Scavenger Hunt: Engage in a fun scavenger hunt to create a nature-inspired face, promoting creativity and exploration.*

8. *Hopscotch Emotions: Play a game of hopscotch while expressing different emotions and role-playing related scenarios.*

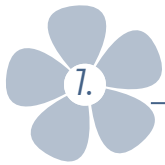
9. *Creating a Safe Space: Identify and cherish the things that make you feel safe and secure, promoting emotional resilience and well-being.*

10. *Handprint Affirmations: Spread self-love by tracing your hand and writing down something you love about yourself on each finger and thumb.*

**Activity #1:**

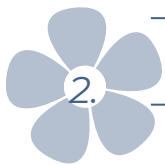
**Brainstorm four (4) ways you can show kindness to yourself & others.**

*Kindness is a special kind of magic in our world. It brings people closer together and helps us all feel more connected. When we choose kindness, we build a world where everyone knows they matter and are cared for. It's like a bright light guiding us to be friends with everyone, no matter what makes us different. Let's spread kindness wherever we go, making our world shine brighter and bringing happiness to everyone!*



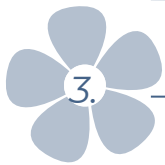
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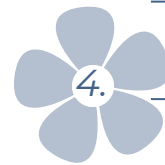
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**Kindness is....** \_\_\_\_\_

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**Activity #2:**

***Expressing happiness through drawing.***

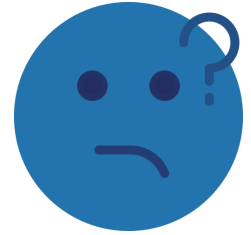
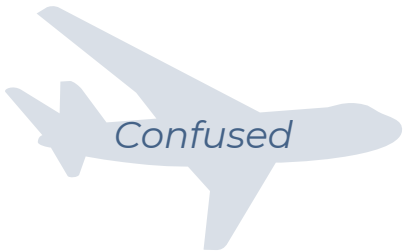
*Happiness is like a colourful burst of joy! In this activity, draw four (4) things that make your heart sing with happiness. It could be playing with your friend, dancing, laying under a tree, or anything else that comes to mind. Let your imagination run wild!*



### Activity #3:

#### Match emotions to facial expressions.

Look at the pictures and match each face to the correct emotion: Frustrated, joy, confused, surprised, and disappointed. Pay attention to the eyes, mouth, and eyebrows to find the right match. Once you've finished, pair up with a partner and show each other your facial expressions. See if your partner can guess which emotion you're expressing! Have fun exploring how our faces show what we're feeling!

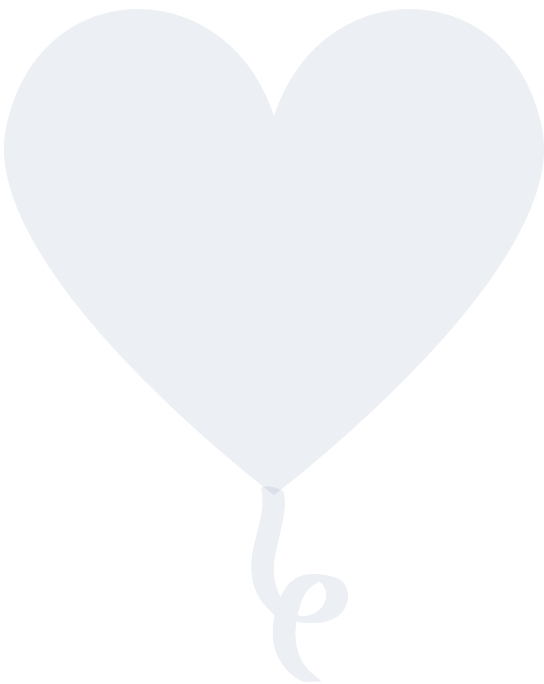


**Activity #4:**

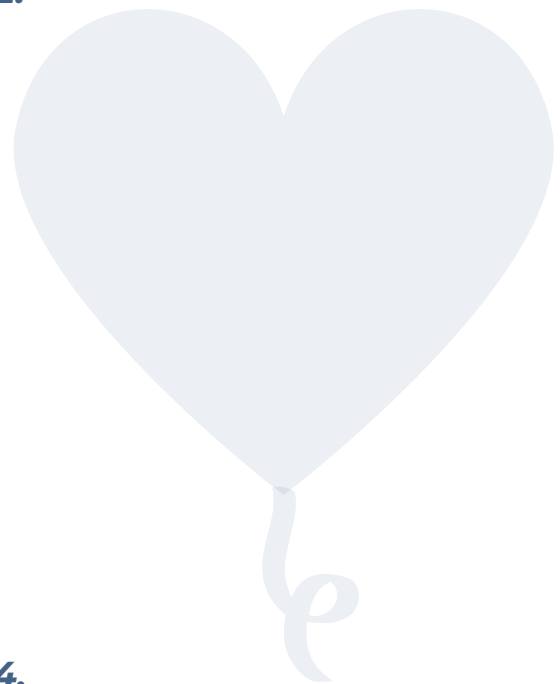
**Nurturing love: Four (4) ways to feel cherished and valued.**

Feeling loved is like being wrapped in a warm, cosy blanket of care and affection. It's a wonderful feeling that fills our hearts with happiness and security. Remember, love comes in many forms, and recognising and appreciating it enriches our lives in beautiful ways. Write down four (4) ways people can make you feel loved. **For example; Kind Words: Sometimes, all it takes is a few kind words to make us feel loved. Whether it's a simple "I love you" or a heartfelt compliment, words have the power to brighten our day and lift our spirits.**

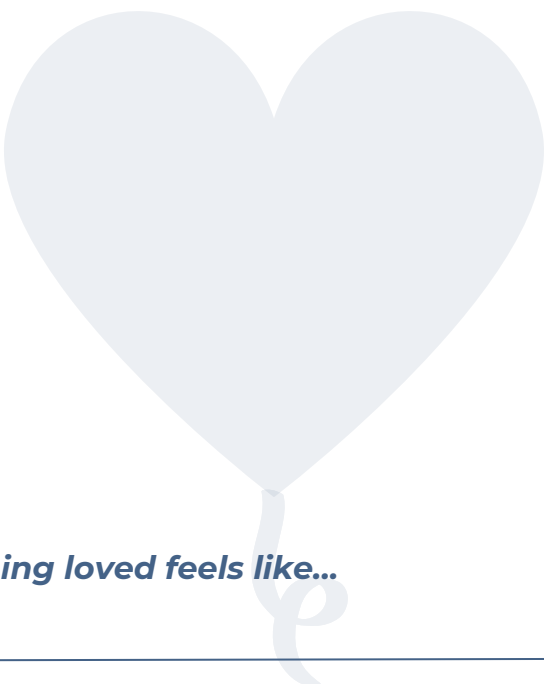
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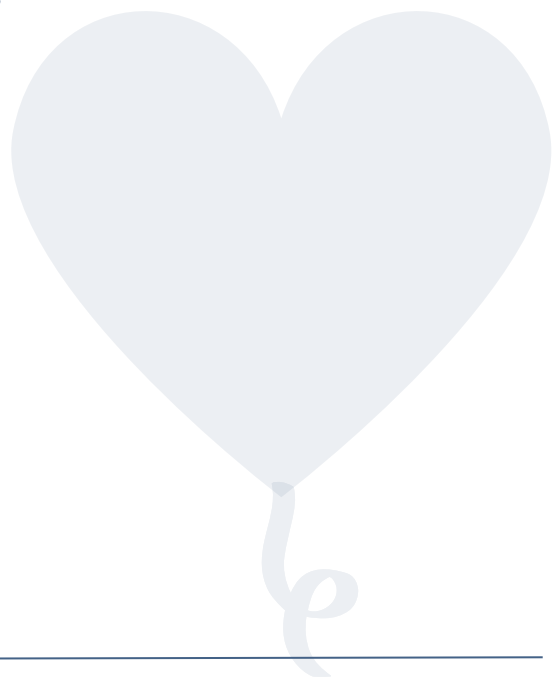
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**Being loved feels like...**

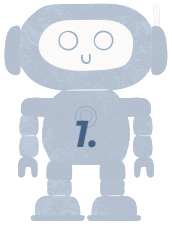
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## Activity #5:

### Understanding emotions: Reflecting how you feel.

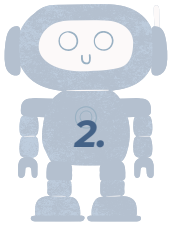
In this activity, you'll embark on a journey to understand different feelings and how they make you react. Let's imagine various scenarios and think about how you respond when you experience different emotions. **For example; When you feel frustrated, you might stomp your feet or scrunch up your face.**



When I feel frustrated, I \_\_\_\_\_

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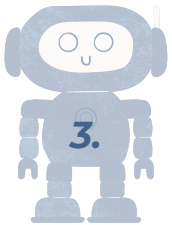
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When I feel disappointed, I \_\_\_\_\_

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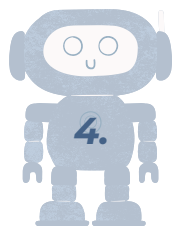
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When I feel confused, I \_\_\_\_\_

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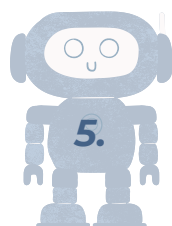
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When I feel joy, I \_\_\_\_\_

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When I feel surprised, I \_\_\_\_\_

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## New strategies:

### Exploring emotions and regulation.

Carefully think about a time when you felt each emotion mentioned. For each feeling, write down what you could do differently in that situation to regulate your emotions. If you're comfortable, you can share your answers with someone you trust. When you've finished, take a moment to review your work and feel proud of what you've learned about your emotions. Have fun exploring! **For example; When I feel disappointed, I might talk to someone I trust about how I feel.**



1. When I feel frustrated, I might \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



2. When I feel disappointed, I might \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. When I feel confused, I might \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



4. When I feel joy, I might \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



5. When I feel surprised, I can \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Interventions:**

### **Learn about managing feelings.**

Choose one or two ideas for each emotion that you think might help you. Try them out during the week and see how they work for you. Then, think about what you learned and what you might want to try next time. Learning to manage your feelings is all about finding what works best for you!



#### **When I feel frustrated, I can:**

- Reflect and identify the source of my frustration and get curious to why it triggered me.
- Talk to a trusted adult about what's bothering me allows me to express my feelings and gain emotional support or guidance in regulating and validating my emotions



#### **When I feel disappointed, I can:**

- Remind myself that it's okay to feel disappointed validates my emotions and helps me understand that it's a natural part of life.
- Talk to a friend or family member about my feelings provides social support and may offer different perspectives on the situation, helping to alleviate feelings of disappointment.



#### **When I feel confused, I can:**

- Take a break and come back to the problem later allows my mind to calm, emotions to regulate and process information, often leading to greater clarity and understanding upon returning to the task.
- Break down the problem into smaller parts and understand each part separately helps me approach difficult tasks more effectively and reduces feelings of overwhelm.



#### **When I feel joy, I can:**

- Share happiness with others by smiling or giving compliments fosters positive social interactions and strengthens relationships, spreading joy to those around me.



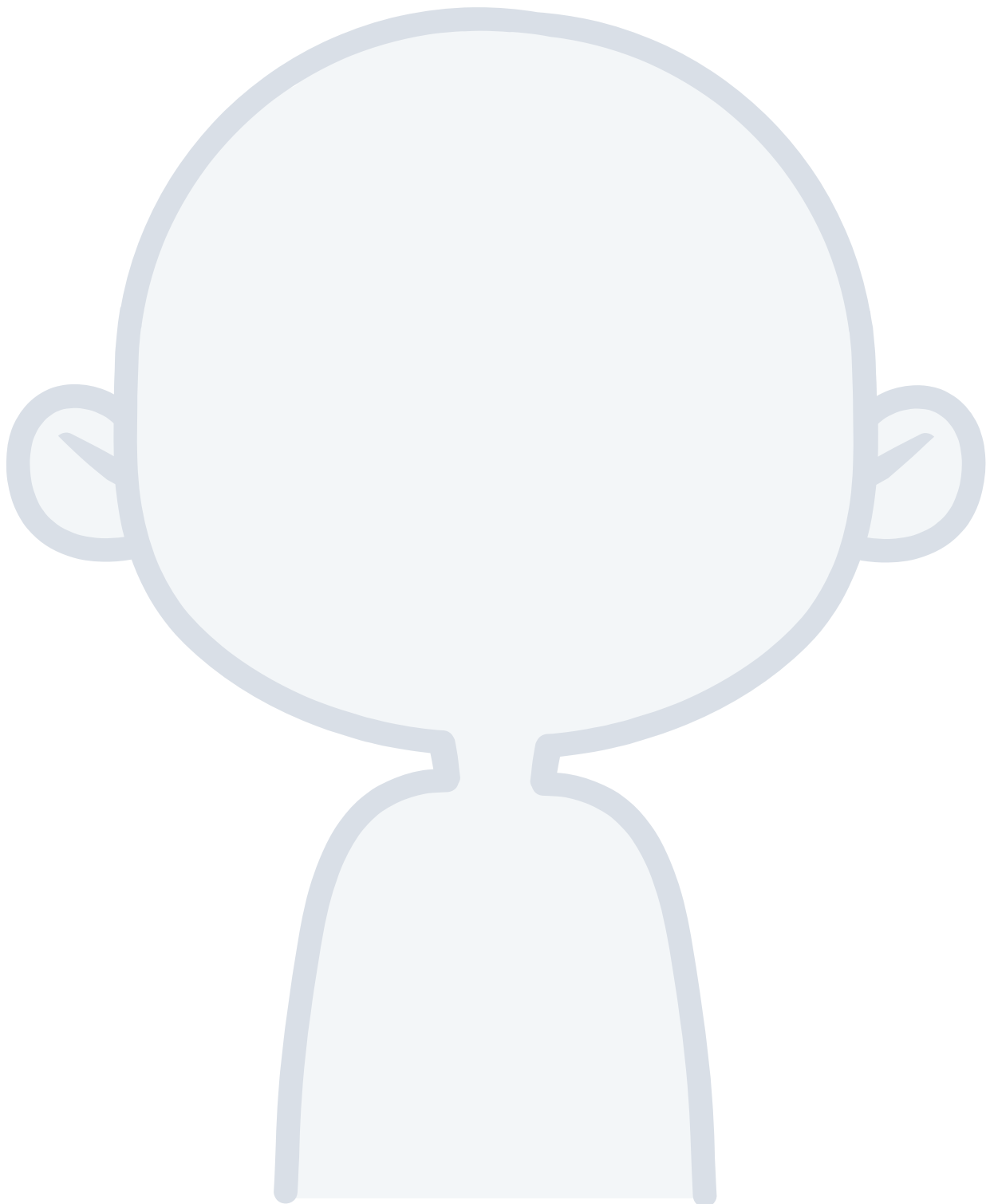
#### **When I feel surprised, I can:**

- Reflect on why the surprise occurred and what I can learn from it promotes critical thinking skills and self-awareness, empowering me to navigate future surprises with confidence.

## **Activity #6:**

### **What's your current mood?**

1. Reflect and identify your mood: happy, sad, angry, surprised, or any other feeling.
2. Draw two large oval eyes inside the head.
3. Draw a mouth that matches your mood. For example, if you're happy, draw a smiling mouth. If you're sad, draw a frowning mouth.
4. Add eyebrows above the eyes to show more expression. Raise them for surprise, lower them for sadness or anger.
5. Finally, add any extra details like blush for happiness or tears for sadness to express your mood even more.



**Activity #7:**

**Let's head outside and create a face.**

*Are you ready to explore the great outdoors and create a masterpiece? Let's go on a fun scavenger hunt to find items to make a face! Get ready to use your imagination and creativity.*

**Look around for the following items:**

Leaf



Rock



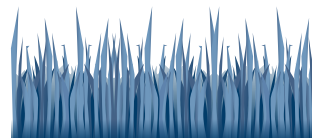
Stick



Mud/Dirt



Grass



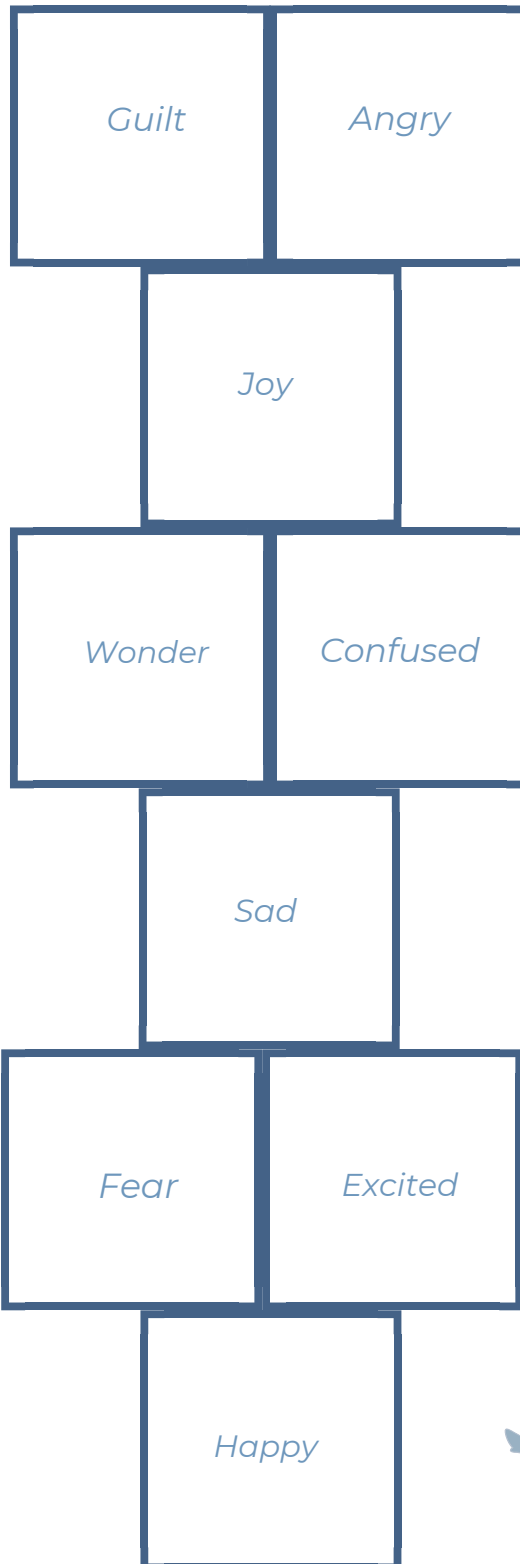
Flower



## Activity #8:

### Let's play hopscotch and role play.

Gather outside and draw a hopscotch grid with a stick. Take turns throwing a rock onto the squares. Look at your workbook for the emotion in the square where the rock lands. Make the corresponding facial expression, then hop to the rock. Think of a scenario related to the emotion and role-play it together.

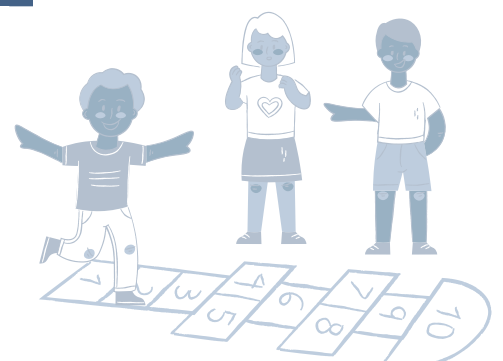


#### Objects to use outside:

Stick



Small rock





**Activity #9:**

**What makes you feel safe and secure?**

*Write down all the things that make you feel safe and secure. Whether it's cuddling your favourite stuffed animal, snuggling under a soft blanket, sharing warm hugs, listening to someone sing, enjoying the melodies of musical instruments, holding hands with a loved one, feeling the gentle touch of your mum's hand on your face, basking in the daylight, or the peaceful silence.*





**Activity #10:**

***Spread some self-love: Handprint affirmations!***

*Place your hand gently on the paper and trace around it carefully with a pencil. On each finger and thumb, write down something you absolutely love about yourself. Maybe it's your kindness, your sense of humour, your imagination, or your ability to make friends. Whatever it is, write it down proudly. Remember, there's so much to love about each and every one of you, so let your uniqueness shine through on this handprint masterpiece!*