

# Reflecting Feelings

## **Child expresses frustration through play:**

Child stacks blocks aggressively or knocks them over.

**Adult:** "It looks like you're feeling really upset or angry right now."

## **Child shares a story about being scared:**

Child uses dolls or figures to act out a situation.

**Adult:** "You seem worried about that. It's okay to feel scared sometimes."

## **Child shows sadness through drawing or play:**

Child draws a picture with dark colours or plays with a sad-looking figure.

**Adult:** "That's a sad picture. It seems like you're feeling really sad today."

## **Child becomes quiet or withdraws during a session:**

Child stops playing or looks away.

**Adult:** "I notice you're being very quiet. Are you feeling shy or maybe a little unsure?"

## **Child acts out a story of being left out:**

Child plays with toys to show being excluded.

**Adult:** "That sounds like you're feeling lonely or left out."

## **Child expresses excitement about something:**

Child jumps or laughs while playing.

**Adult:** "You seem really happy and excited right now!"

## **Child exhibits aggressive behaviour (e.g., hitting or throwing toys):**

**Adult:** "It looks like you're feeling really angry or frustrated. That's okay—we can find ways to help you feel better."

## **Child shows worry through play themes:**

Child uses figures to portray a character feeling anxious.

**Adult:** "It seems like that character is feeling worried or scared. You're sharing something important."

*These reflections help children feel understood and validated, encouraging them to express and explore their feelings more openly.*