

WORKSHEET FOR IDENTIFYING FEELINGS

Directions:

1. Take two pieces of paper, two pairs of scissors, glue, and several magazines.
2. The counselor will give the child one piece of paper, one pair of scissors, some glue and some magazines.
3. The counselor keeps the other set, tells the child that s/he is going to find a picture of someone who is happy, cut out the picture and glue it to the paper.
4. After completing the activity, the counselor encourages the child to do the same thing.
5. After both have the pictures glued to the paper, the counselor writes the word, happy, by the pictures on both pieces of paper (if the child knows how to write the word, s/he will be instructed to do so)
6. Then the counselor talks a little about the expressions on the face, the posture of the person in his picture, the activity of the person, and any indicators that show the person pictured is happy.
7. The counselor then asks the child to point out happiness indicators on the child's picture.
8. Then the counselor finds a person who depicts sad, then scared, tired, and mad and perhaps other emotions and follows the same procedure.
9. Just working on the pictures is enough for one session with a child.
10. In the next session, the counselor would pull the pictures from the child's file, go over them in quick review and then take the happy picture.
11. The counselor would disclose a short story about the last time s/he was happy and then encourage the child to tell a similar story.
12. The counselor would do this with each emotion discussed.