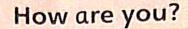
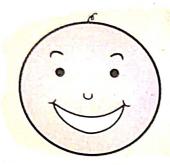


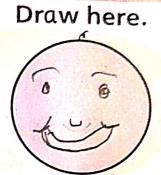


Express your feelings. Look, read and draw.





I am great!





I am fine.





I am not so good.



7

Listen and Create

For Parents/Carers

Help your child understand how to express their feelings in words through this activity. Sit and engage with them in daily chats. Name this time (Happy Time/Share and Cheer Time, etc.) when you have conversations about what made them happy/sad/angry/worried today. Listen to them with attention and make their emotions feel respected and loved.



