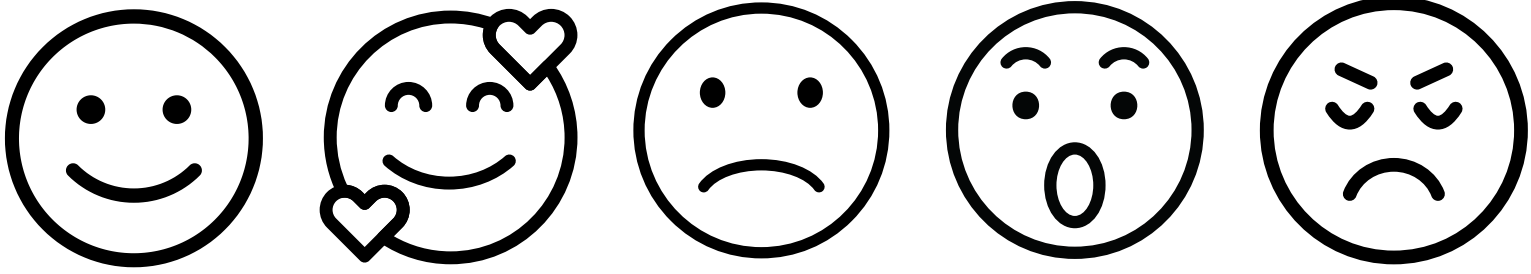
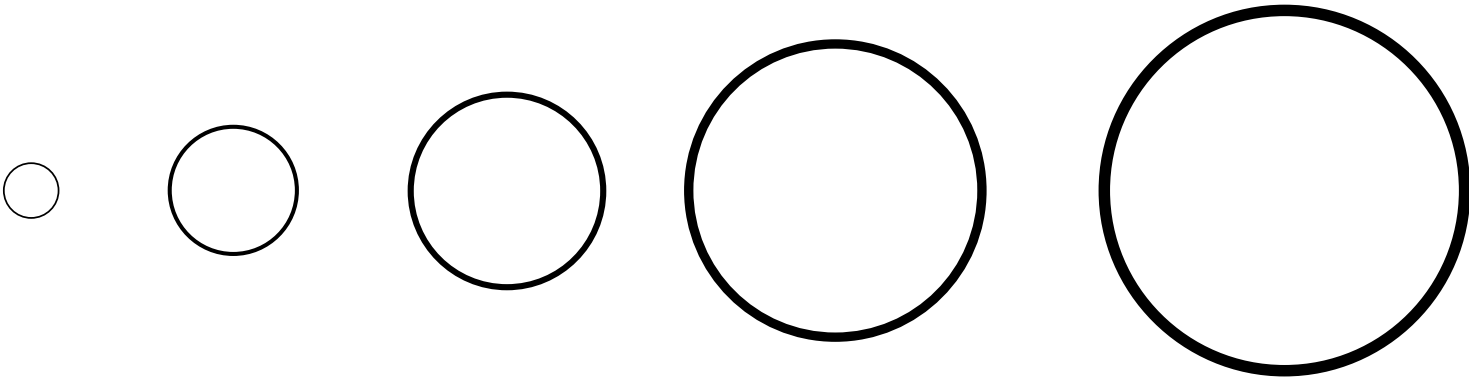


THE EMOTIONS EXPLORER

What are you feeling?



How big does this emotion feel in your body?



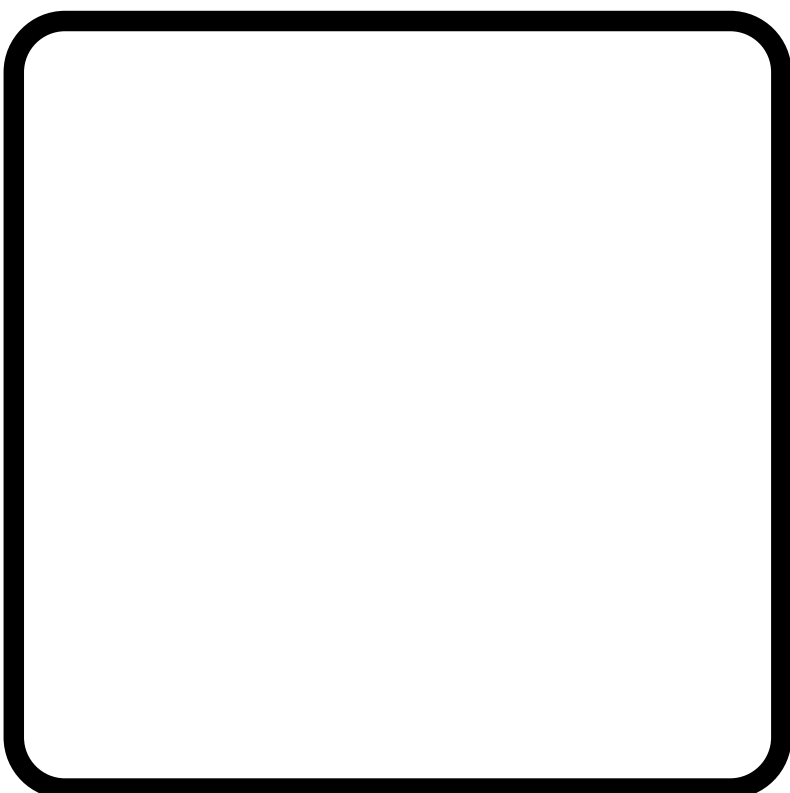
What colour is this feeling?



Is this feeling could move, what pattern would it make?



If it this feeling was an animal, what would it be?



If this feeling could speak it would say...



THE PURPOSE OF CREATIVE EMOTIONAL EXPRESSION

Exploring emotional expression through creative activities:

- supports children to **develop emotional intelligence**, growing their ability to identify and make sense of their emotions (Goleman, 1995).
- provides **a safe, judgment-free space for emotional exploration**, encouraging kids to express feelings they may struggle to name or fully understand. (Malchiodi, 2017).
- promotes emotional regulation and **healthier emotional responses** over time (Kern, 2019)

In a nutshell, using creativity to explore emotions helps children enhance their emotional awareness which is a key pillar of resilience, social and academic success, and overall well-being.

USING THE EMOTION EXPLORER RESOURCE WITH YOUR CHILD

A few key things to keep in mind:

- It's an offering for your child, not prescribed homework! Keep this resource as **a playful option for your child to choose** and use in their own way.
- This resource is **highly unlikely to be effective if your child is overwhelmed by an emotion**. Best to offer it when you're noticing lower level emotions.
- If your child sees you using the resource they'll be much more likely to give it a go (plus exploring emotions in this way is helpful for adults too). You might even sit down and do this activity together.
- There are no wrong answers & no wrong ways to fill in each section! **A judgement-free approach will help create a safe space around emotional expression** and encourage your child to open up.
- Depending on your child's age some parts may not be relevant or they may need a little help from an adult.
- If your child doesn't enjoy this resource that's OK! Maybe they will at an older age or maybe not. This is just one way to support children's emotional expression.

LOOKING FOR 1:1 SUPPORT TO NURTURE
YOUR CHILD'S EMOTIONAL & MENTAL
HEALTH?

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