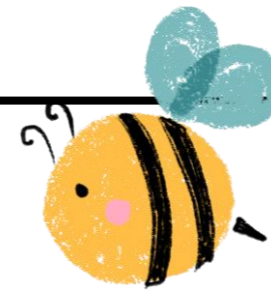




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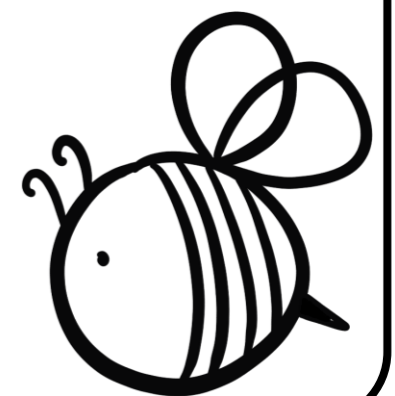
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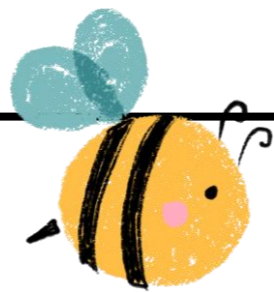
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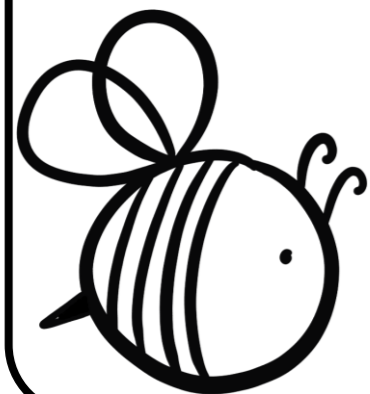
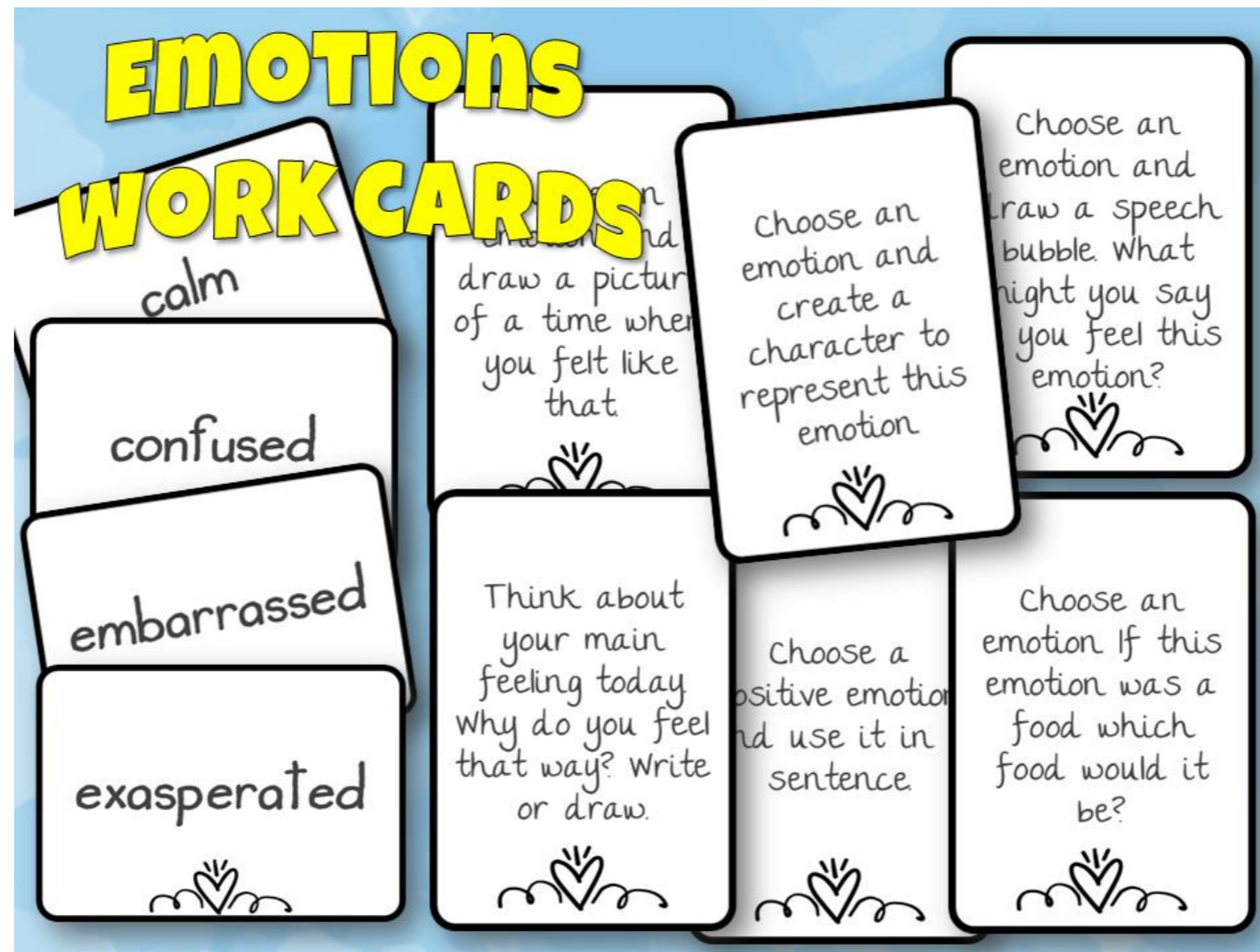




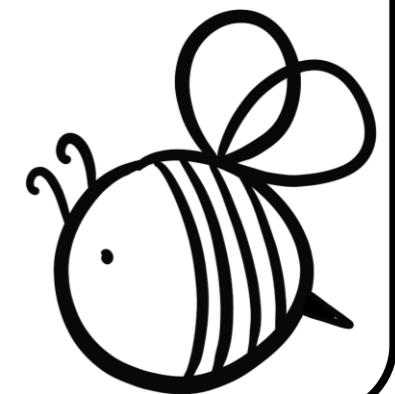
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Emotions Iceberg

This resource is set for A3 printing so it is easier to work with. Print it and laminate it if you want to use it more than once. Also if laminated you can use a white board pen or stick our emotion cards to it easily with a bit of bluetak.

An iceberg is a fantastic way of explaining how emotions manifest themselves. Only the tip of the iceberg shows in the water but underneath there is a huge amount of ice.

Anger may show itself but what is behind the anger? The anger is the tip of the iceberg. What is underneath. There may be embarrassment, sadness, anxiety, frustration, depression, grief, insecurity, regret, jealousy or shame.

Ask the child to write the word 'angry' or some other emotion and then dig deeper and try and find out what causes that emotion. If a child recognises that perhaps it is their sadness or anxiety that is causing the anger then perhaps it might be easier to address.

Another way of working with this is to use our ['no frills emotion cards'](#) there are so many to choose. The pack has 168 different emotions/feelings/conditions. Pupils can choose the emotion that shows and then look through the cards to find the ones that are underneath.

What's underneath our emotion?

