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Other resources you will LOVE!



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EARLY YEARS ELSA STARTER PACK

Emotions  <ul style="list-style-type: none">• Feeling Monster cards• Monster emotions lapbook• Emotions intervention	Self Esteem  <ul style="list-style-type: none">• Affirmation cards• Strength cards• Mindful Moments Planner	Anxiety and Worries  <ul style="list-style-type: none">• Worry wobbles intervention• Worry wobbles lapbook• School separation anxiety
Anger  <ul style="list-style-type: none">• Anger trigger cards• Calming down pack	Social Skills  <ul style="list-style-type: none">• Good choice, poor choice• Social and emotional prompt cards• Listening bingo• Leonard liebum• Personalised story pack	Mindfulness  <ul style="list-style-type: none">• Bee-linda Bee
Friendship  <ul style="list-style-type: none">• How to be a good friend cards	Bereavement  <ul style="list-style-type: none">• Bereavement lapbook	





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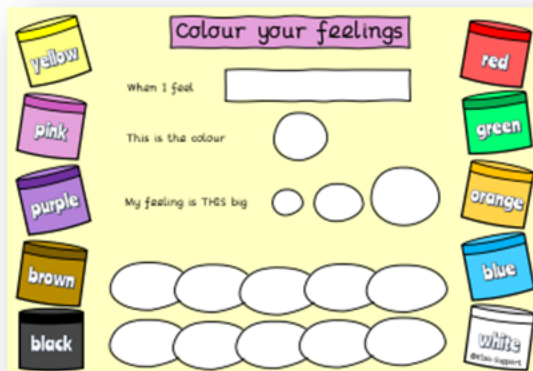
Playdough emotions and feelings pack

This is a pack of Playdough mats to use for emotions and feelings.
Please see the next page for information on how to use them.

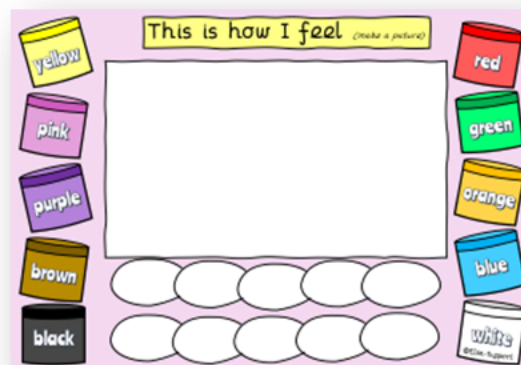
Simply print them out onto A4 card or paper.
Laminate them.

Add your colours of playdough.
Have a whiteboard pen handy.

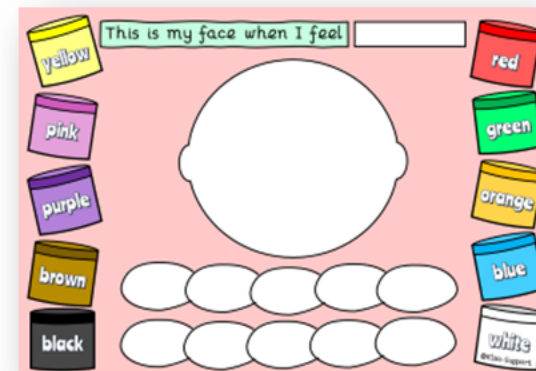




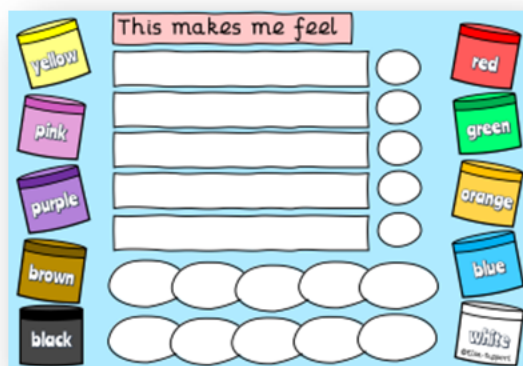
Place all 10 colours of playdough at the bottom of the sheet.
Ask the pupil to think of a feeling word and write it down. Ask them to pick a colour that, that feeling makes them think of. They can then scale the feeling with a big piece of playdough or a small piece of playdough.



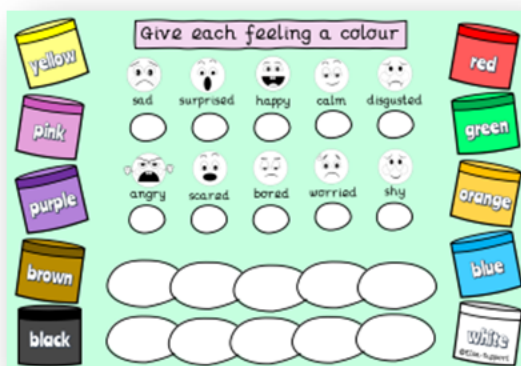
Place all 10 colours of playdough at the bottom of the sheet.
Ask the pupil to make a playdough picture using feeling colours. They might make a RED picture if they are feeling angry or a blue picture if they are feeling sad.



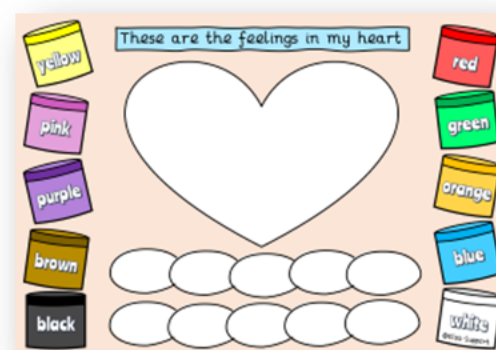
Place all 10 colours of playdough at the bottom of the sheet.
Ask the pupil to make a playdough face with the colour representing how they are feeling. They might make a blue face if they are feeling sad or an orange face if feeling happy.



Place all 10 colours of playdough at the bottom of the sheet.
Write some feeling scenarios in the blank boxes. Eg 'when I don't have anyone to play with'. The child can pick a colour and pop it next to the scenario.



Place all 10 colours of playdough at the bottom of the sheet.
Ask the child to choose a colour for each feeling and place it under each face.



Place all 10 colours of playdough at the bottom of the sheet.
Ask the pupil to fill their heart with colours to represent their feelings.

Colour your feelings



When I feel

A blank white rectangular box with a black outline, intended for writing a feeling.

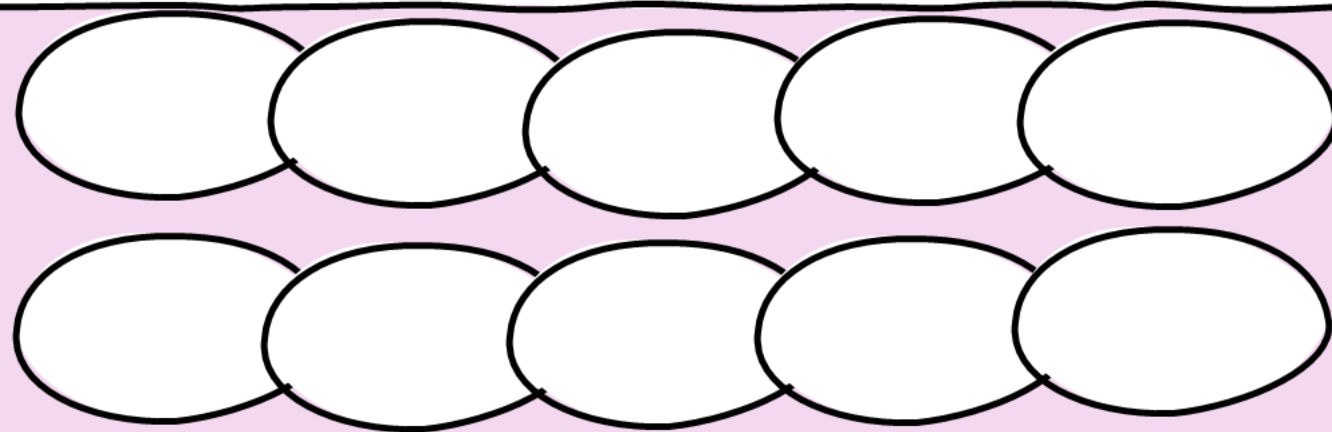
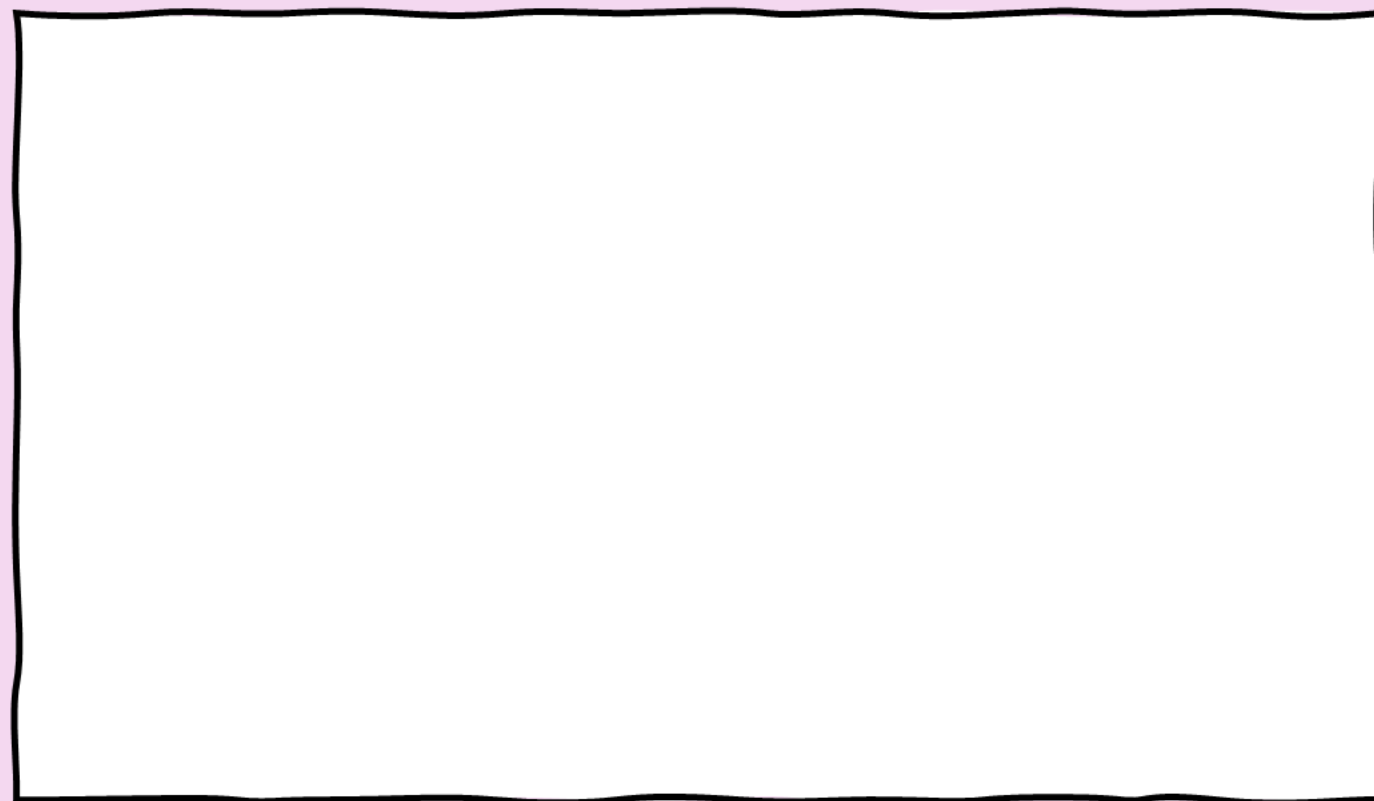
This is the colour

A blank white circle with a black outline, intended for coloring.

My feeling is THIS big

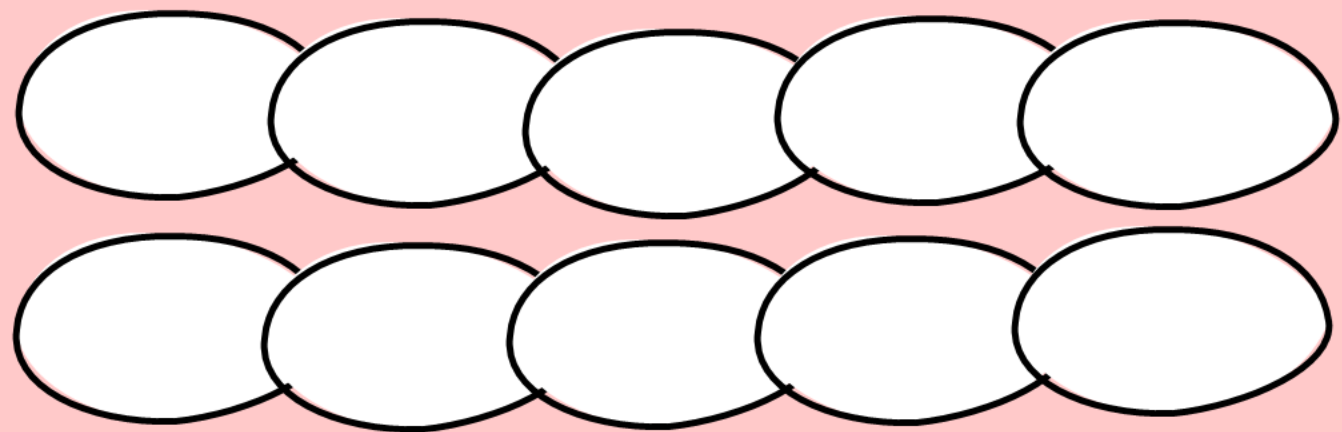
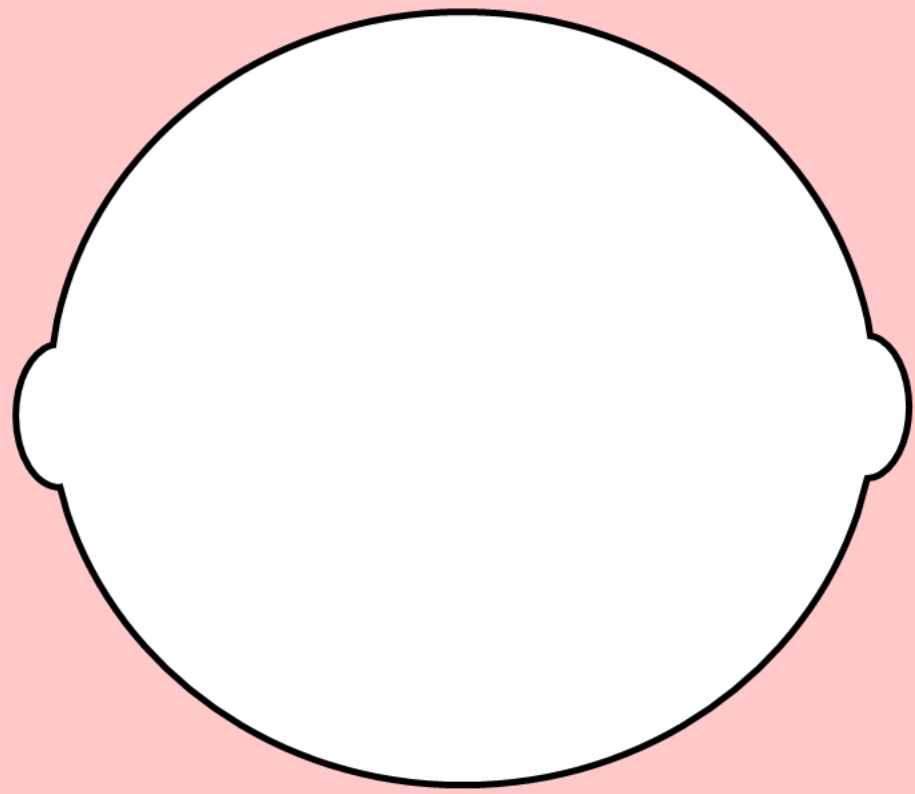
Three white circles of increasing size, each with a black outline, intended for representing the size of a feeling.Two rows of five white ovals, each with a black outline, intended for coloring or drawing.

This is how I feel *(make a picture)*

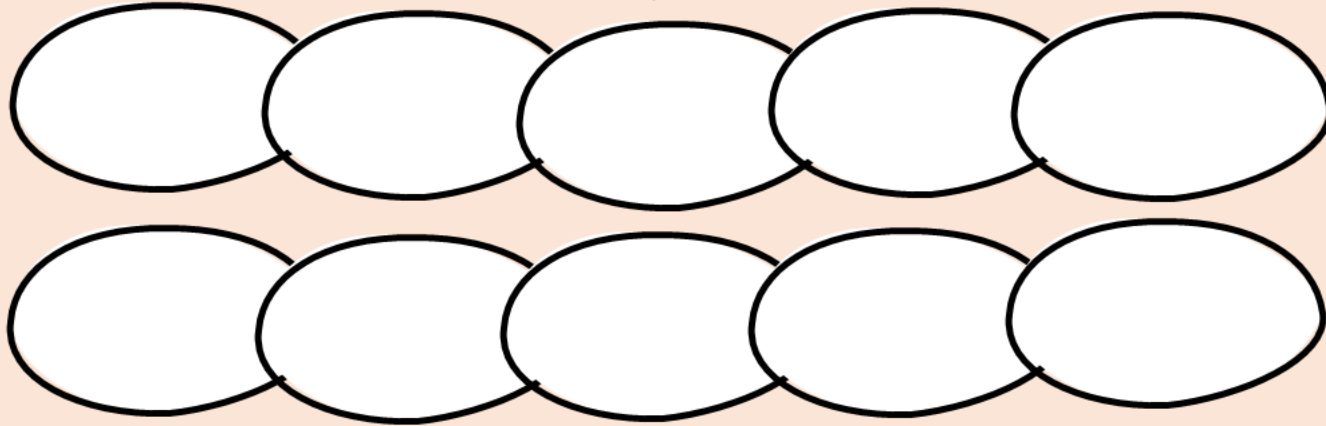
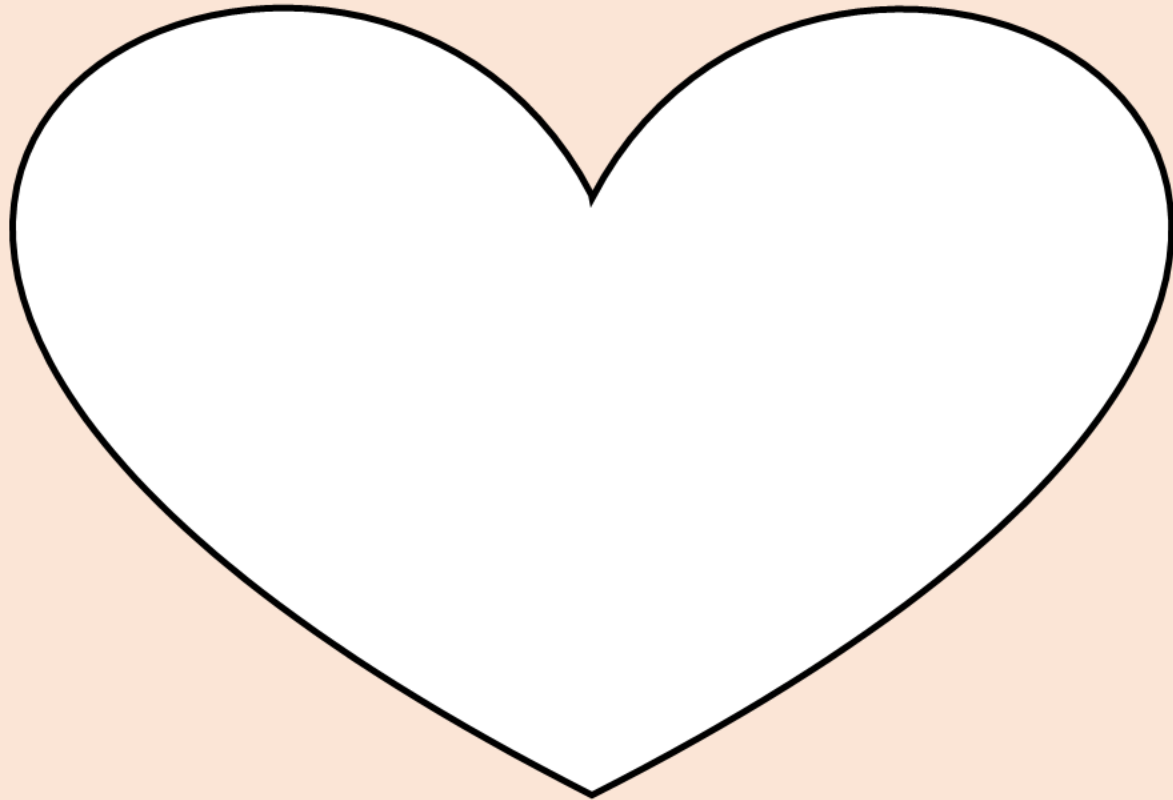




This is my face when I feel



These are the feelings in my heart



This makes me feel



Blank white rectangular box for writing.

Blank white rectangular box for writing.

Blank white rectangular box for writing.

Blank white rectangular box for writing.

Blank white rectangular box for writing.

Blank white oval box for writing.

Blank white oval box for writing.

Blank white oval box for writing.

Blank white oval box for writing.

Blank white oval box for writing.

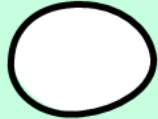
Row of five blank white oval boxes for writing.

Row of five blank white oval boxes for writing.

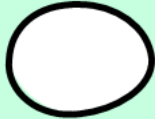
Give each feeling a colour



sad



surprised



happy



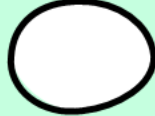
calm



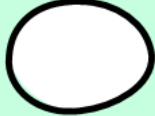
disgusted



angry



scared



bored



worried



shy

