

It's OK to feel activity

This wonderful poster by Elise Gravel can be used to help children explore a range of feelings and can be used to reassure them it is quite normal and perfectly OK to feel all sorts of feelings, even if some of them feel uncomfortable or unsafe, or are difficult to manage.

The poster was originally designed to help challenge the gender stereotype that boys should cover up their feelings and not 'show them'. The poster can be used with all children to help them learn that feelings are simply feelings, not right or wrong, good or bad, positive or negative. All feelings are valid.

The poster can be found here:

<http://elisegravel.com/en/blog/new-free-poster-boys-have-emotions-too/>



Activity:

- [1] Can you draw a picture of a favourite character from a book? Around the picture write some feelings words like Elise did in her poster.
- [2] Can you say some feelings sentences for your character e.g. "Elmer feels ashamed when..." or "The Gruffalo feels worried when..."
- [3] Can you draw a poster like this with a picture of yourself in the middle, then choose some feelings words to put around it like Elise did in her poster. You could choose the same feelings words or add some different ones of your own.
- [4] Can you write some 'I feel when' sentences using the feelings words from your poster.
- [5] Using the feelings words you have chosen, can you say "When I feel....., I can" – finish the sentence with lots of ideas about what you could do if you were feeling that feeling 😊