



# Feelings and Emotions Collection

A grab and go kit for supporting children's well-being during transitions, new routines and difficult changes.

## 1 Wooden Emotions Pebble Family

- A charming, tactile pebble family, each representing a different emotion.
- A great addition to small world and imaginative play whilst providing opportunities to learn about and relate to different feelings and emotions.
- Empathise with the pebble who is happy, sad or anxious.



## 2 Emotions and Facial Expressions 10 Petal Fan

- Help children identify how they are feeling and empathise with other people's emotions. Use the petal fan together to discuss and understand past situations and experiences by identifying the feelings and emotions that were present.
- The symbols on the fan can be useful in supporting children with communication difficulties. Encourage children to use the fan as a medium through which they can communicate their emotions.

(Please note that these fans are not toys and should be used under supervision.)



## 3 Emotions and Expressions 3 Petal Fan

- Support children's well-being by encouraging them to not only identify their emotions but also reflect by grading their emotions.
- Ideal to use when a child is feeling anxious about a situation, experiencing changes in routine or transitions.

(Please note that these fans are not toys and should be used under supervision.)



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## 4 Circle Time Bag

- Encourage children to share their feelings through the medium of the Circle Time Bag.
- Children can begin to share their feelings indirectly by writing them down and placing in the bag, either anonymously or with their name. The feelings can be read out and discussed during circle time, small group time or quiet 1:1 time.
- The bag has a "?" on the reverse which allows it to be used for different purposes, such as a 'feely bag' for a calming sensory activity.



## 5 Dealing With Feelings Book Pack

- Support children in understanding feelings and emotions through this carefully selected book pack.
- Help young readers identify their emotions. Hints and tips are provided on how best to express and deal with emotions as well as how to help others.
- Each book contains a glossary and activity to help you assess how well children have understood the topic. Titles include; Happy, Sad, Shy, Proud, Caring, Worried, Angry and Jealous.



## 6 Small World Toddler Wooden Doll Family

- Support children in reflecting on their own family and community with the wooden characters.
- Each figure has elements that are relatable, so children can create their own family or community and feel a sense of belonging.

(Suitable for age 10 months and up. Pack of seven dolls, made from wood, 12 cm height. )



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## Emotion Stones

- A versatile set that helps to encourage children to express their feelings.
- Use these smooth resin stones to encourage communication. Which stone do you relate to and why?

(Suitable for age 3 years and up. Pack of 12, made from resin, 44mm diameter.)



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## Folding Canvas Purple Box

- A handy 'Grab and Go' storage solution for well-being resources. Easy to pack away and store, or pop up and use.



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## Calming Cat Plush Toy

- Facilitate conversations about feelings, thoughts and behaviours through the huggable Calming Cat.
- Calming Cat is a perfect worry buddy for sharing feelings and worries with. The multi-sensory materials will help keep children stimulated and calm.
- Calming Cat is great as a comfortable communication medium for children to express themselves during adult or group discussions. Encourage younger children to interact with Calming Cat as a worry buddy for sharing feelings and worries with.



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## Light up Hand Held Mirrors

- Encourage children to recognise and reflect on their facial expressions through the different coloured light up mirrors.
- The mirrors can facilitate discussions surrounding empathy and understanding the facial expressions of others.
- Use the mirrors in a darkened environment for igniting a sense of calm. The softly lit mirrors can provide a calming feel; supporting children's well-being when they are experiencing difficult emotions.

(Mirrors are made from wood and a safety acrylic surface. 3 x AA batteries required for each mirror (not included))

