



Colourful Feelings

You will need:

- A pile of bricks of various colours
- Paper and coloured pens

How to play:

- Think of all the different kinds of feelings we have; happy, sad, tired, excited

What others do you know? Talk to someone else - do they know different feelings words?

- Write the feelings words on your paper. Use a different colour for each feeling. Which colour do you want to use for each feeling word?
- Sort your bricks into colours and put them in their piles on top of the feeling that you have chosen for that colour.
- Think of a time you were really excited. Maybe when you got a pet or went on an exciting trip out. Build that event using the colour you chose for 'excited'.
- Do another event for another feeling, or pick a time when there may have been mixed feelings. Maybe nervous and happy?
- Talk to your family about these times and show them your models.

