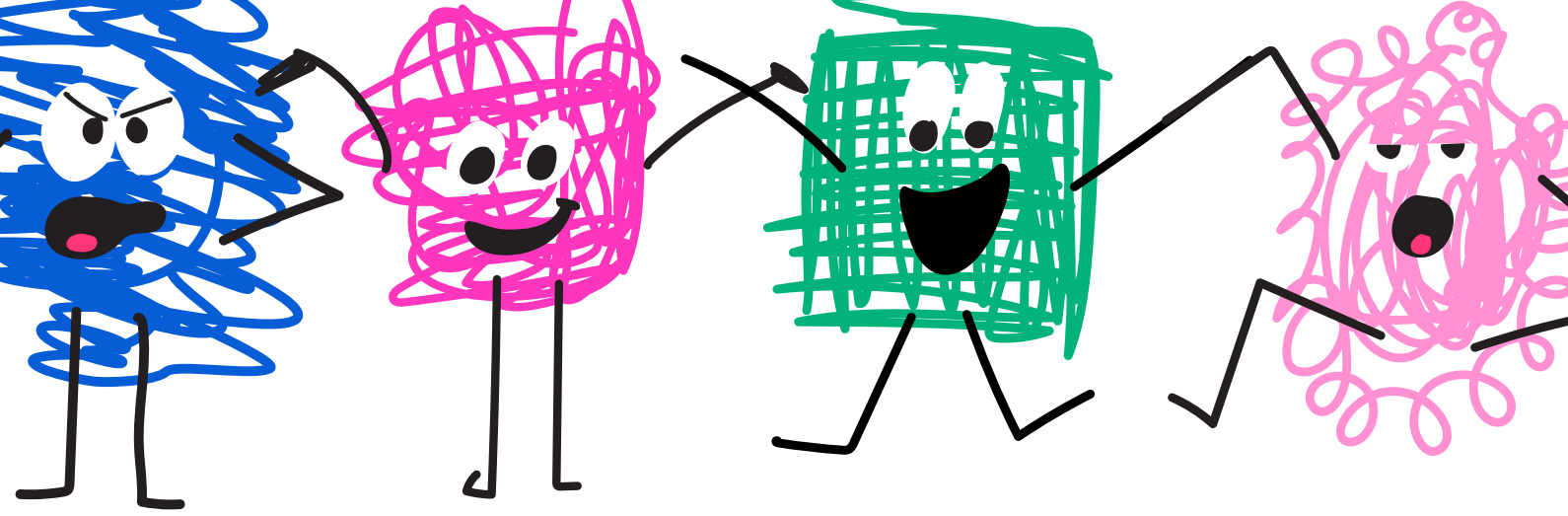
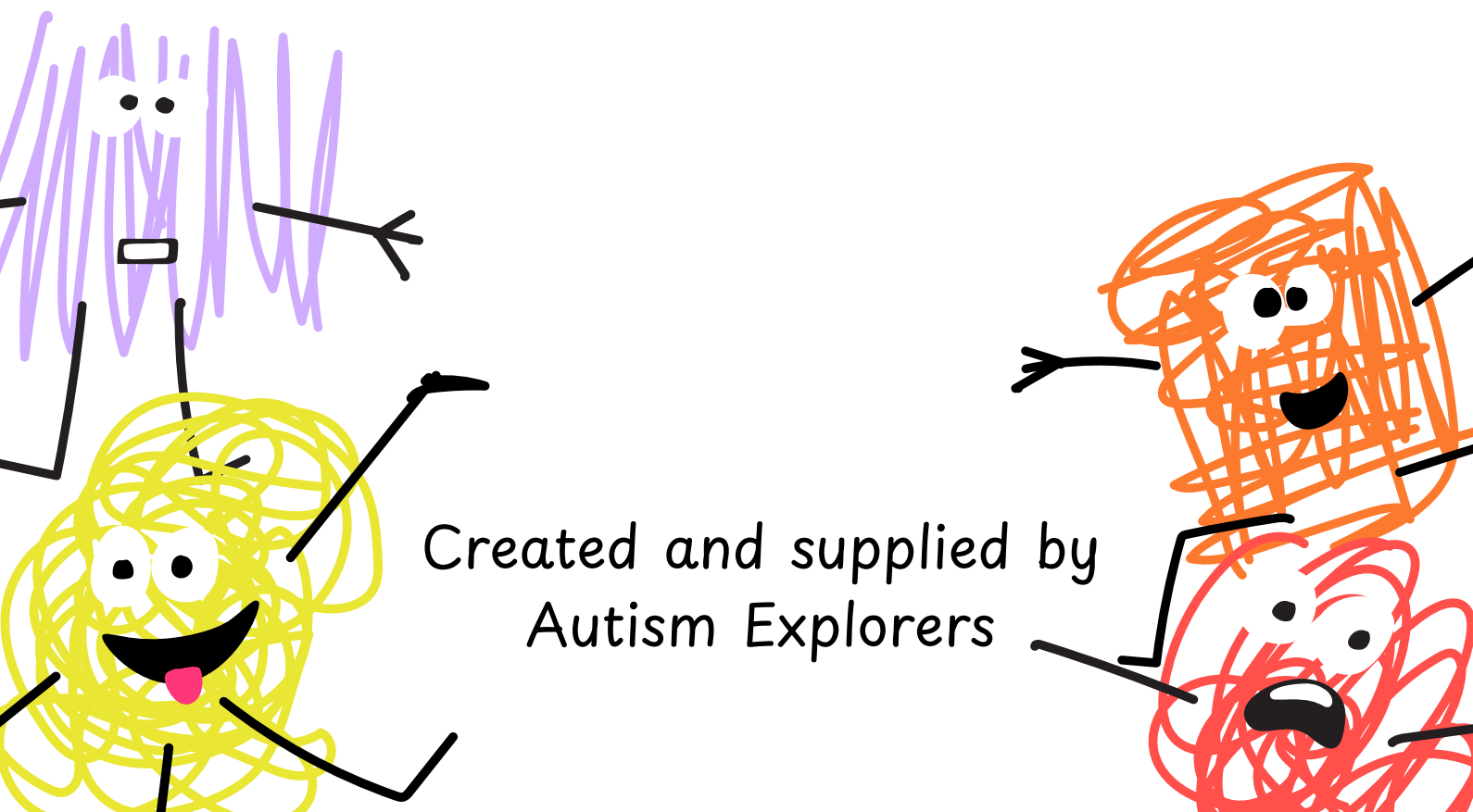




Emotions Activity Book

for indoor and outdoor play



Created and supplied by
Autism Explorers

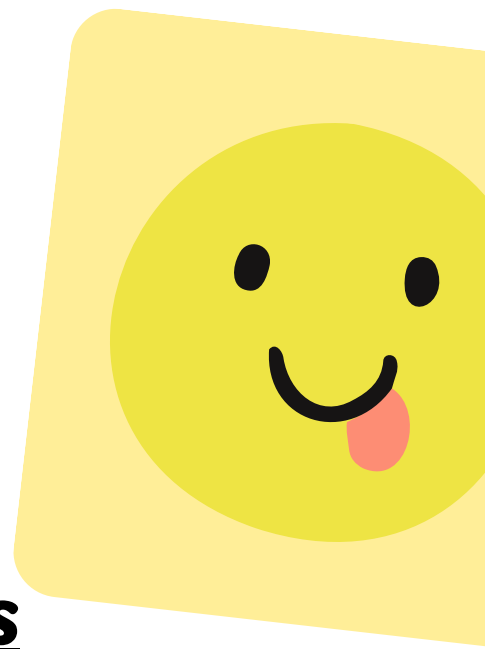
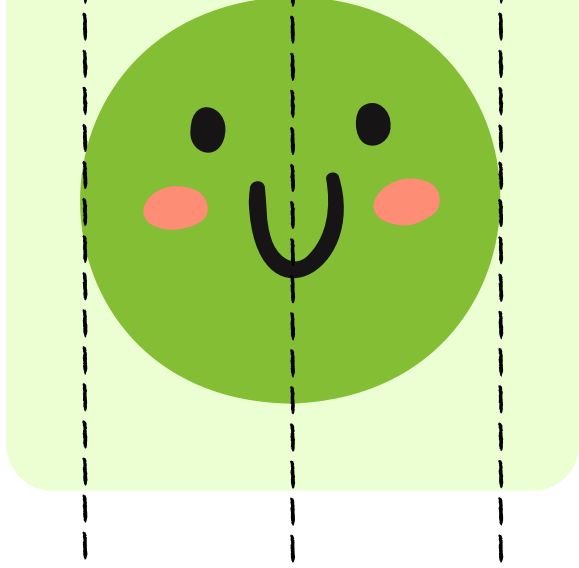
This activity book has been created around the theme of emotions, in here you will find indoor and outdoor activities suitable for all ages and abilities.

Contents:

Emotion Puzzles
Walk & Talk
Happiness Crown
Kindness 'Soup'
Play-Dough Faces
Wash Away the Sadness
Mixed Emotions Art
My Emotions Monster
Match the Emotions (made by Chelsea)
Yoga
Emotion Charades
DIY Zen Garden
Pasta Friendship Bracelets
Mixed Emotions Sensory Play
Lollipop Logic
S.T.E.M Emotion Cups



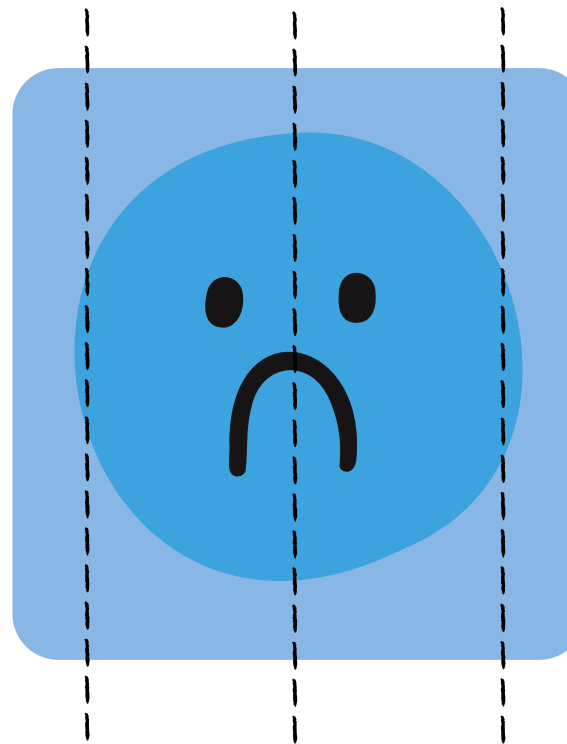
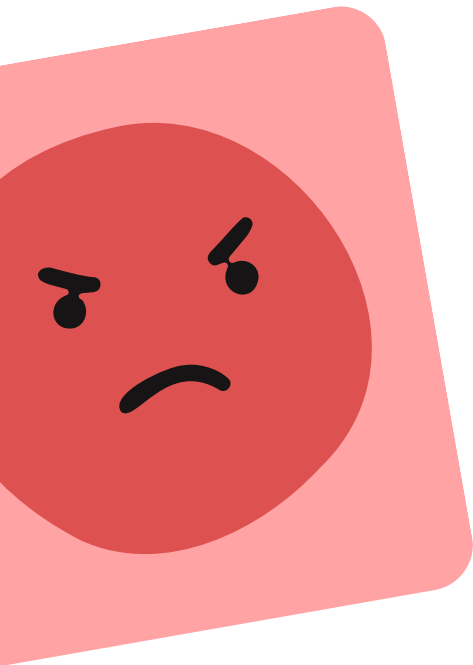
Creator Credit: Megan

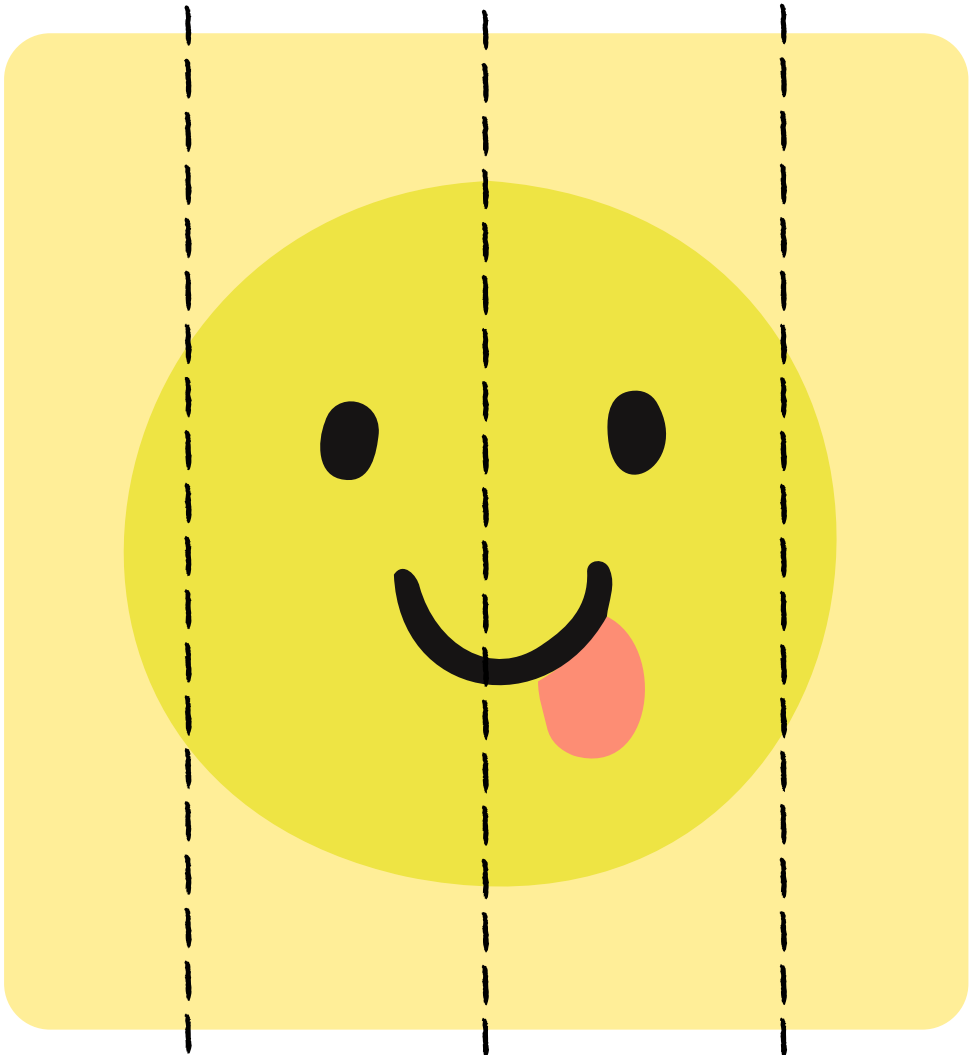
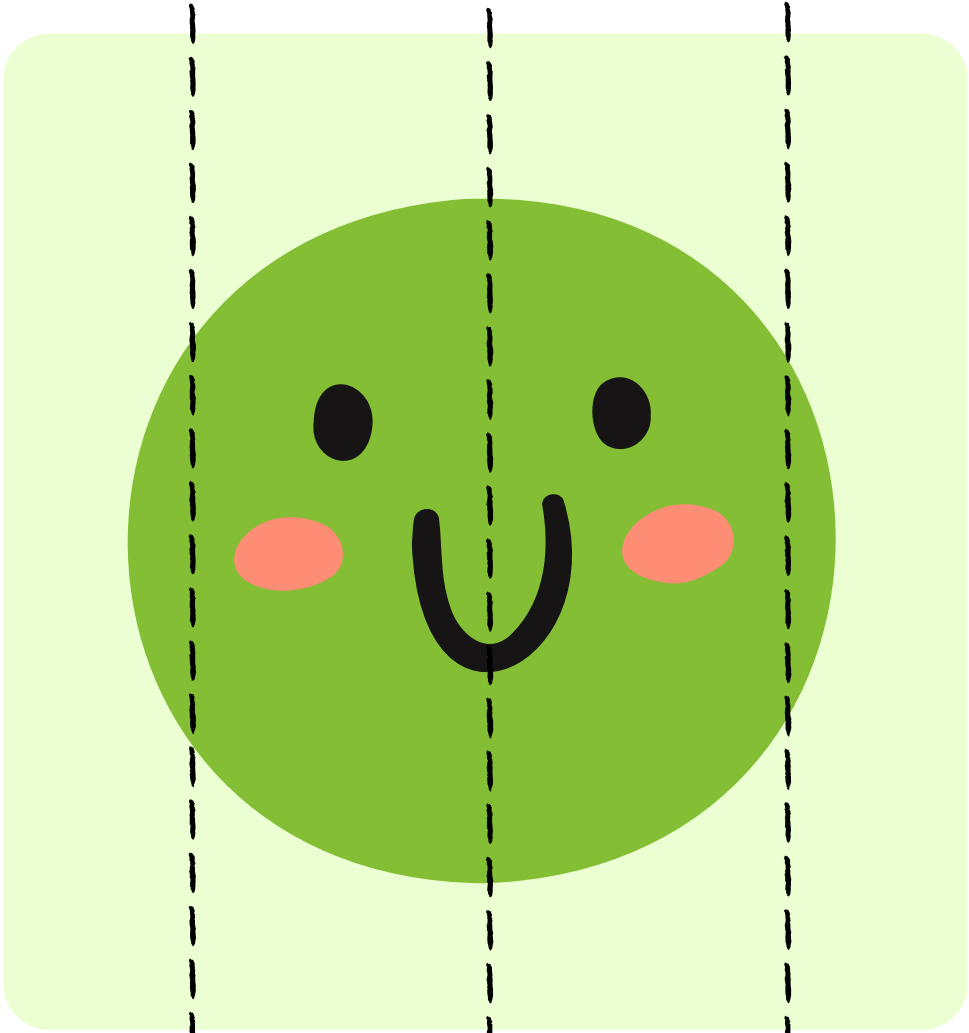


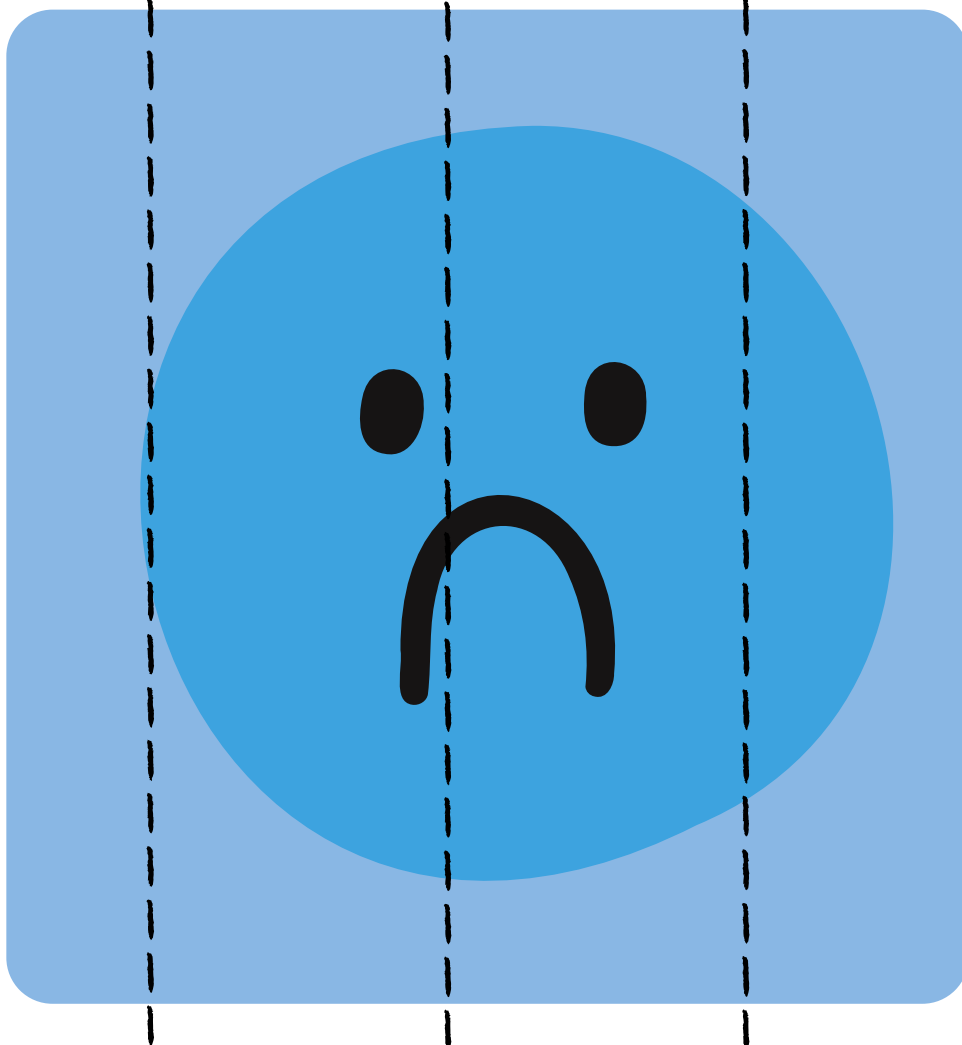
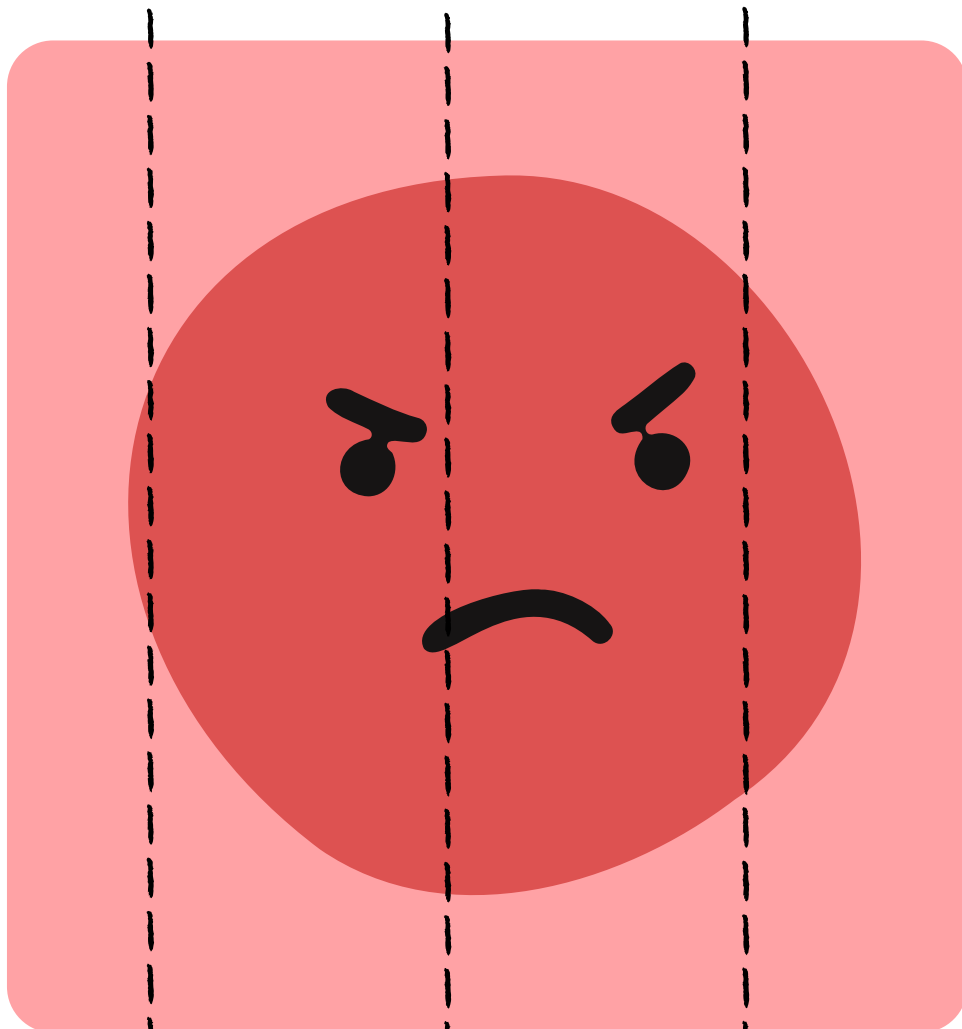
Emotion Puzzles

Print and Cut the Emotion Puzzles resource on the two next pages. Mix the emotion puzzle strips together, and put them back together again.

TOP TIP: Laminate the print out for a reusable resource!







Walk & Talk

Take a walk in the local park or a stroll through the woods.
Discuss how everyone's been feeling recently.

Optional Activity: Collect leaves, twigs, flowers, etc to create a happiness crown (more information on the next page)



Happiness Crown

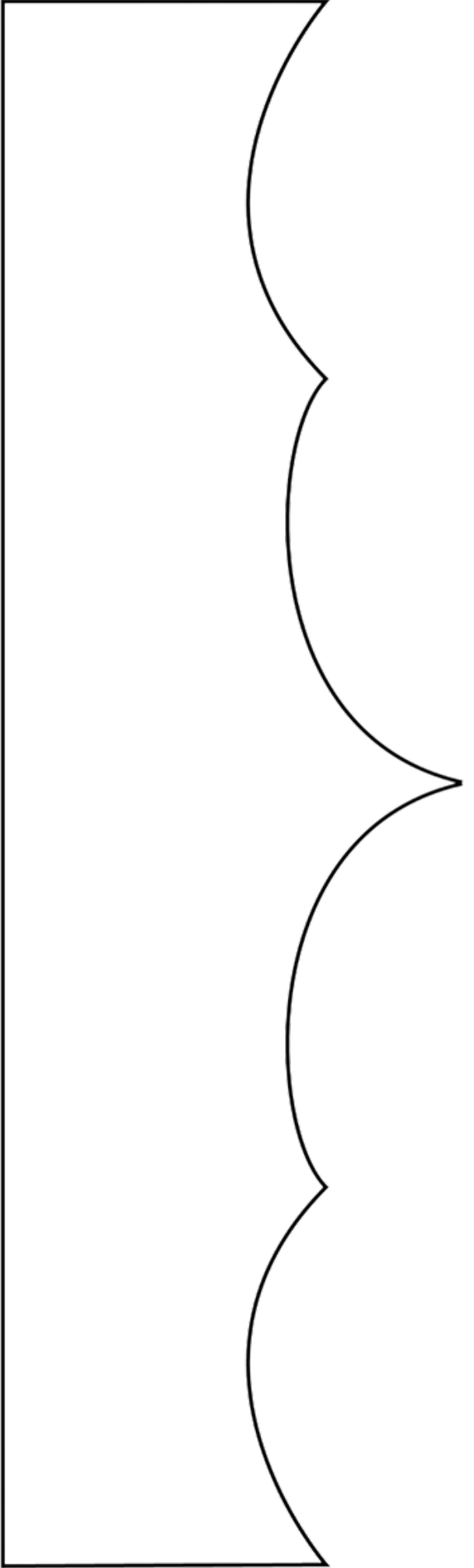
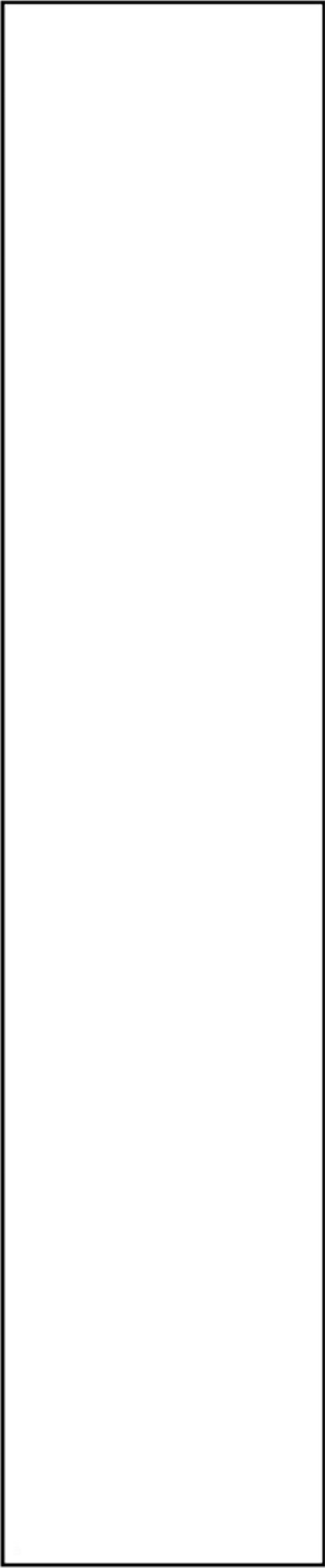
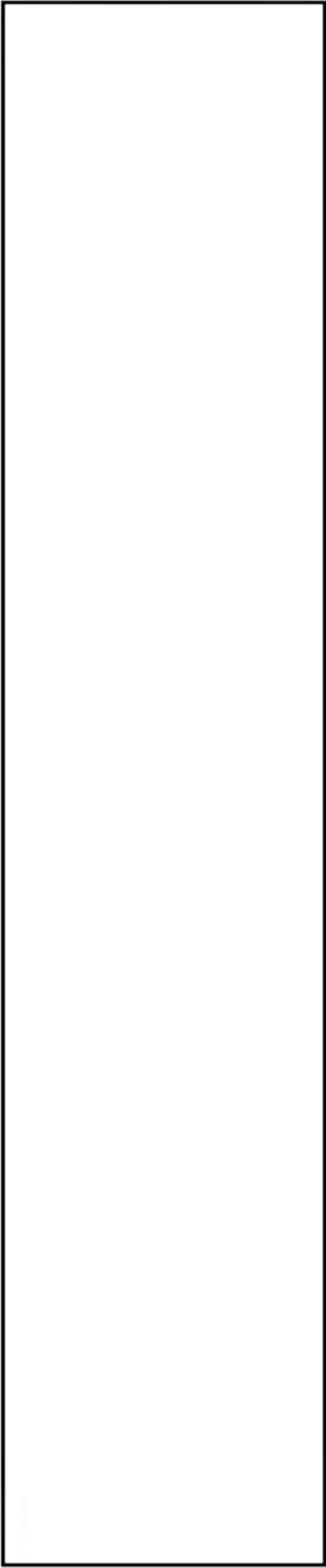


Using the crown template on the next page, decorate with all of the things that make you happy!

Cover with fun stickers, doodles of family members and lots of GLITTER! Glue the tabs together, or use ribbon to make a headband.



Idea: You can also create a nature happiness crown by taking a walk through the woods or a trip to the local park!





Kindness 'Soup'



Make your very own Kindness 'Soup'!

Into a bowl add;

Happy Tears (water)

Flower Petals

Good Luck Charms (beads)

& Friendship Magic (glitter)

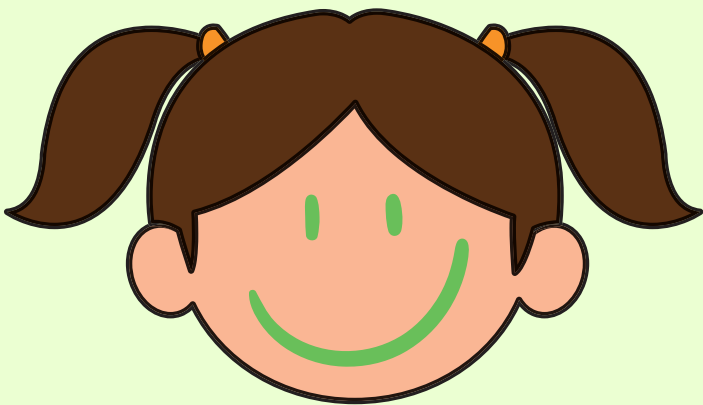
Mix it all together and make a wish!



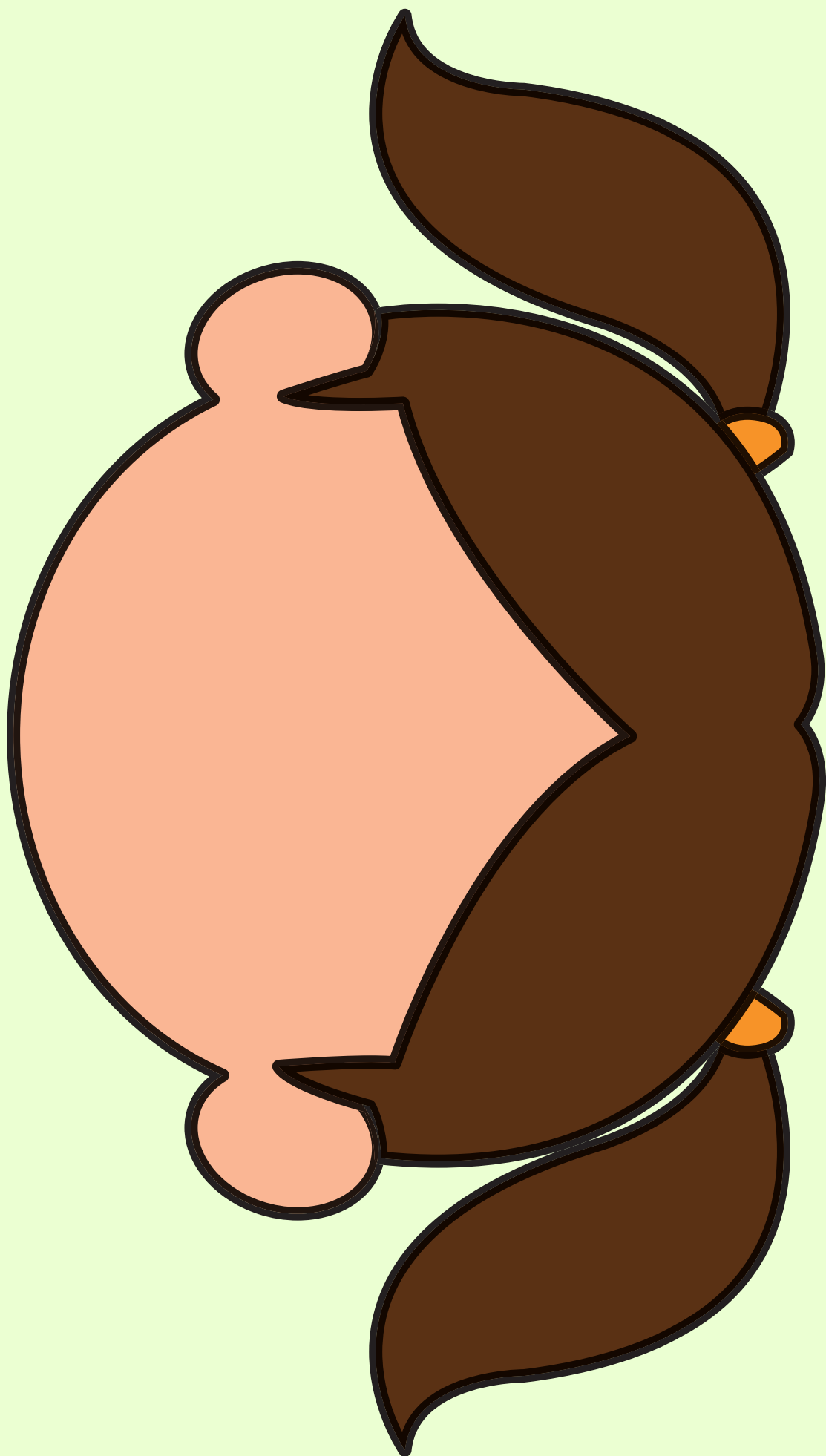
Play-Dough Faces

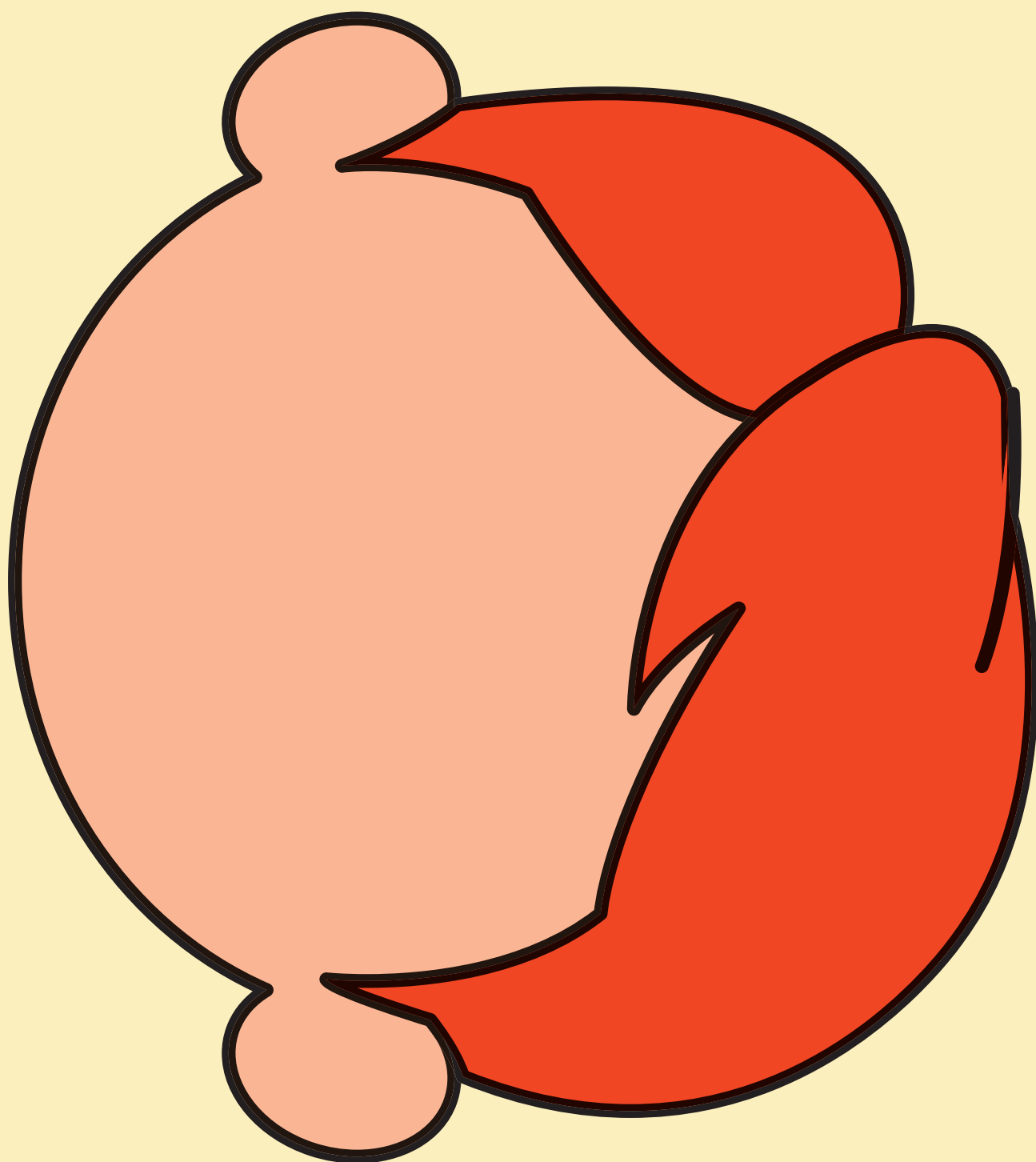
Using play-dough, pipe cleaners, googly-eyes and other fun items, create different faces for each regulation zone.

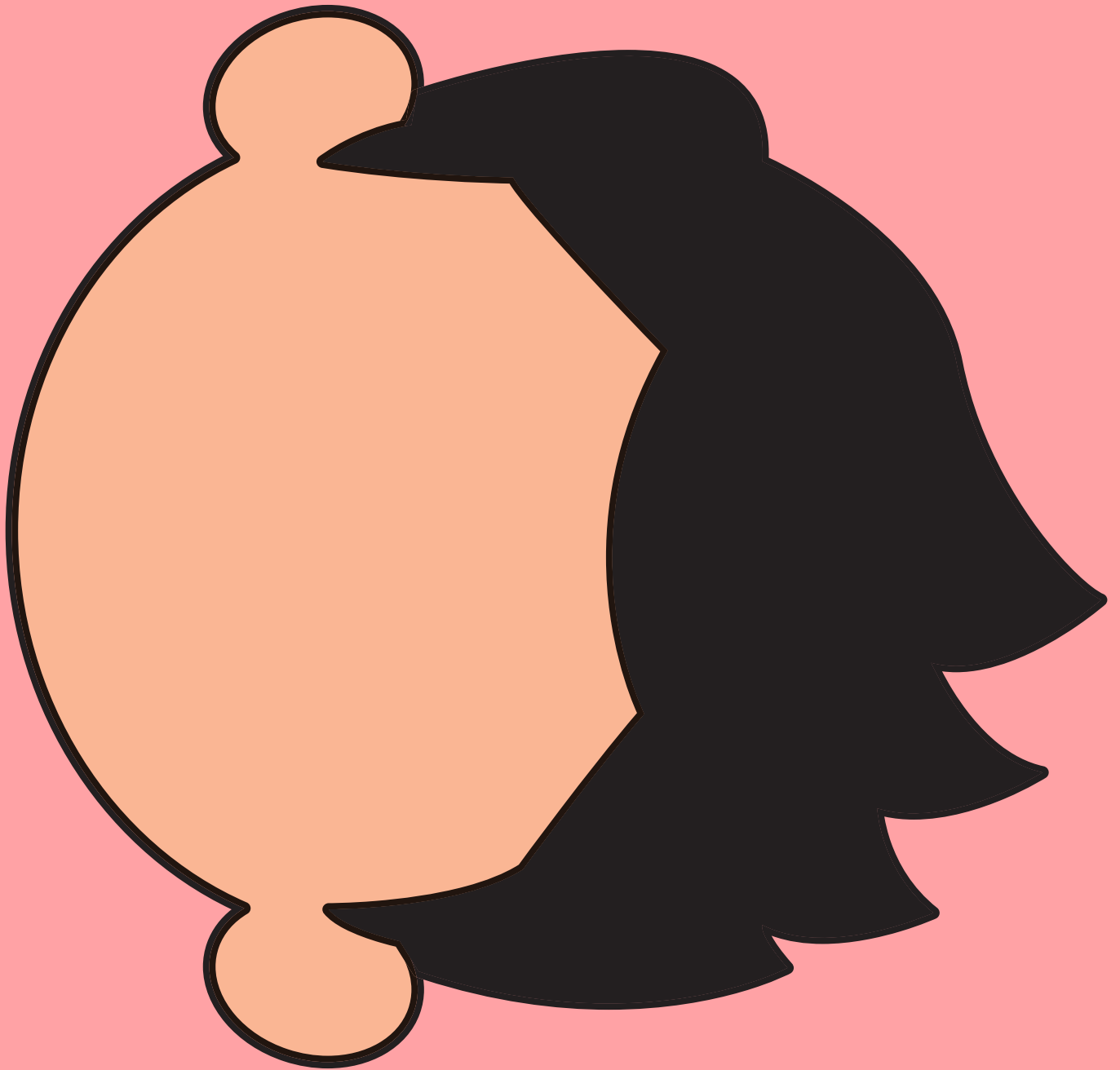
TOP TIP: Laminate the print out for a reusable resource!



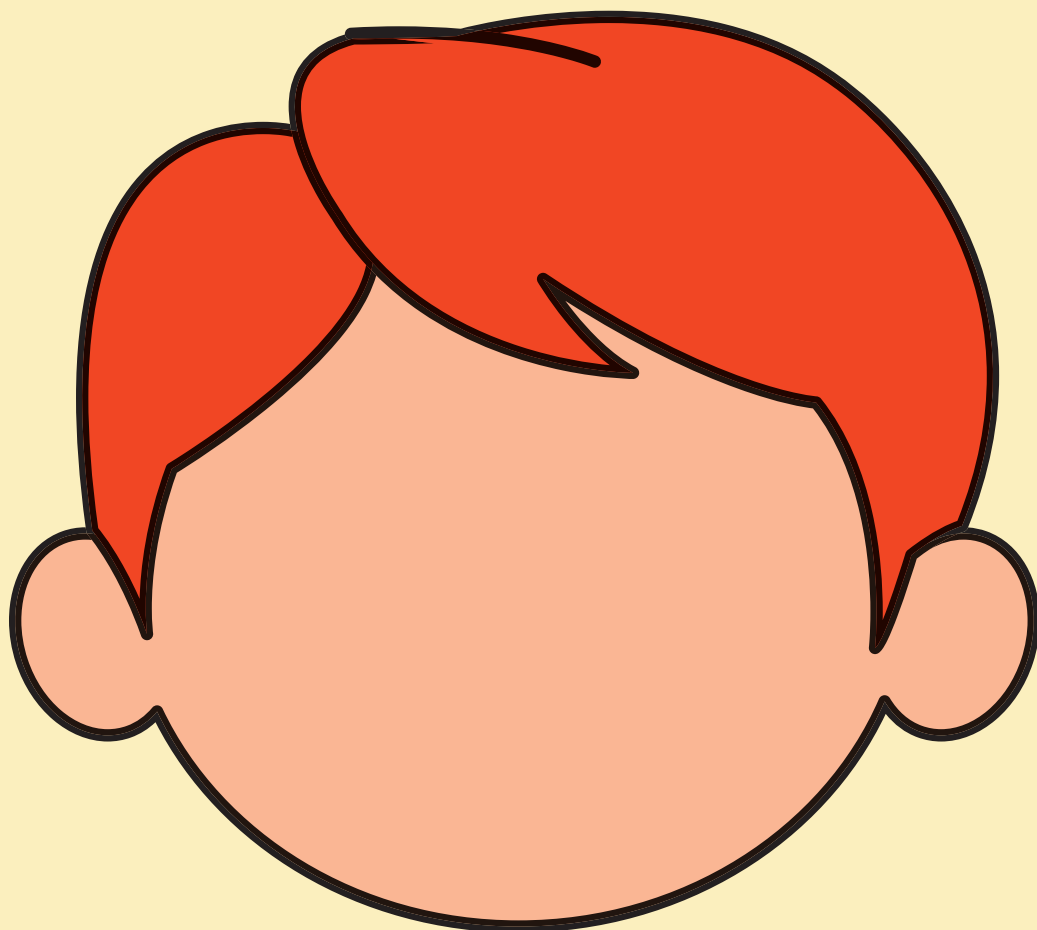
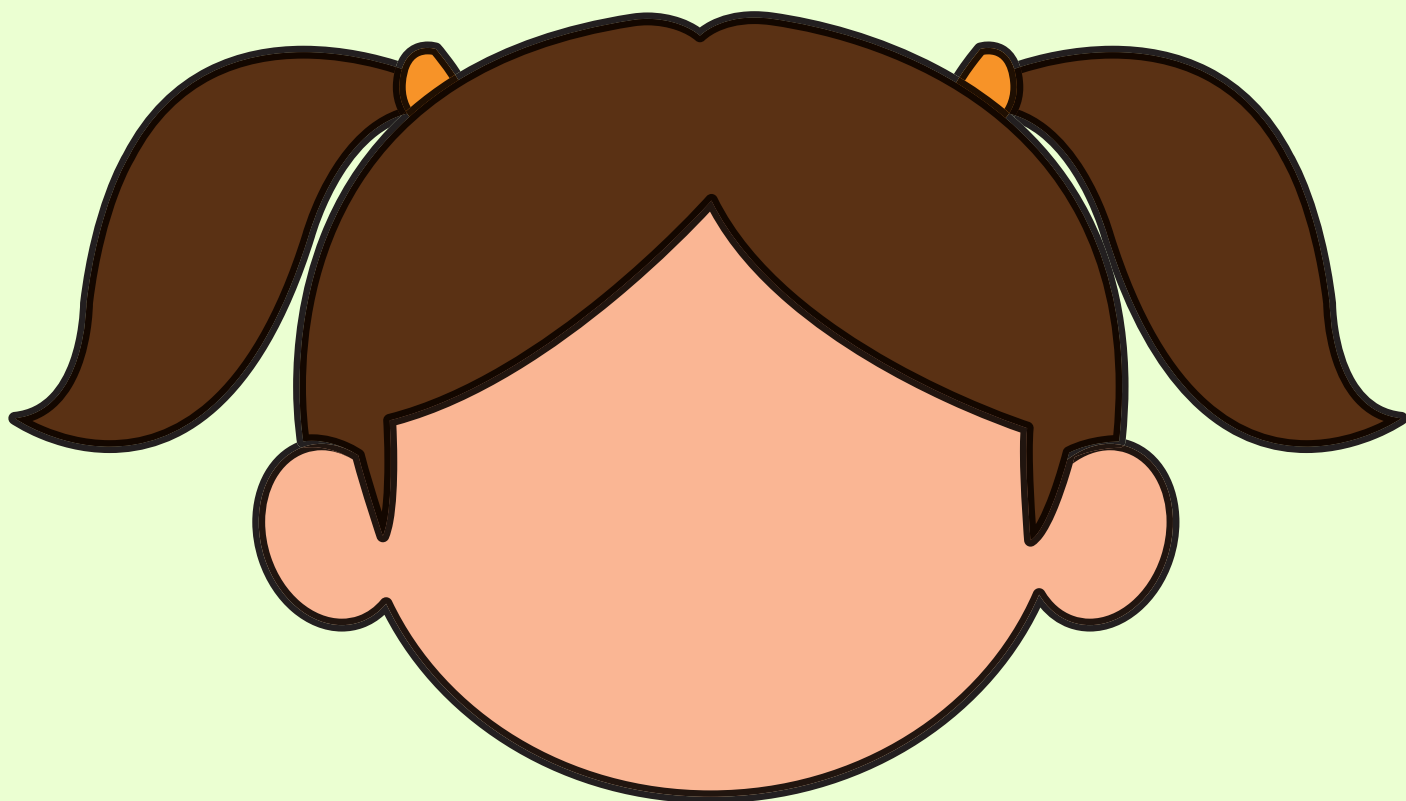
A4 and A5 sizes available.

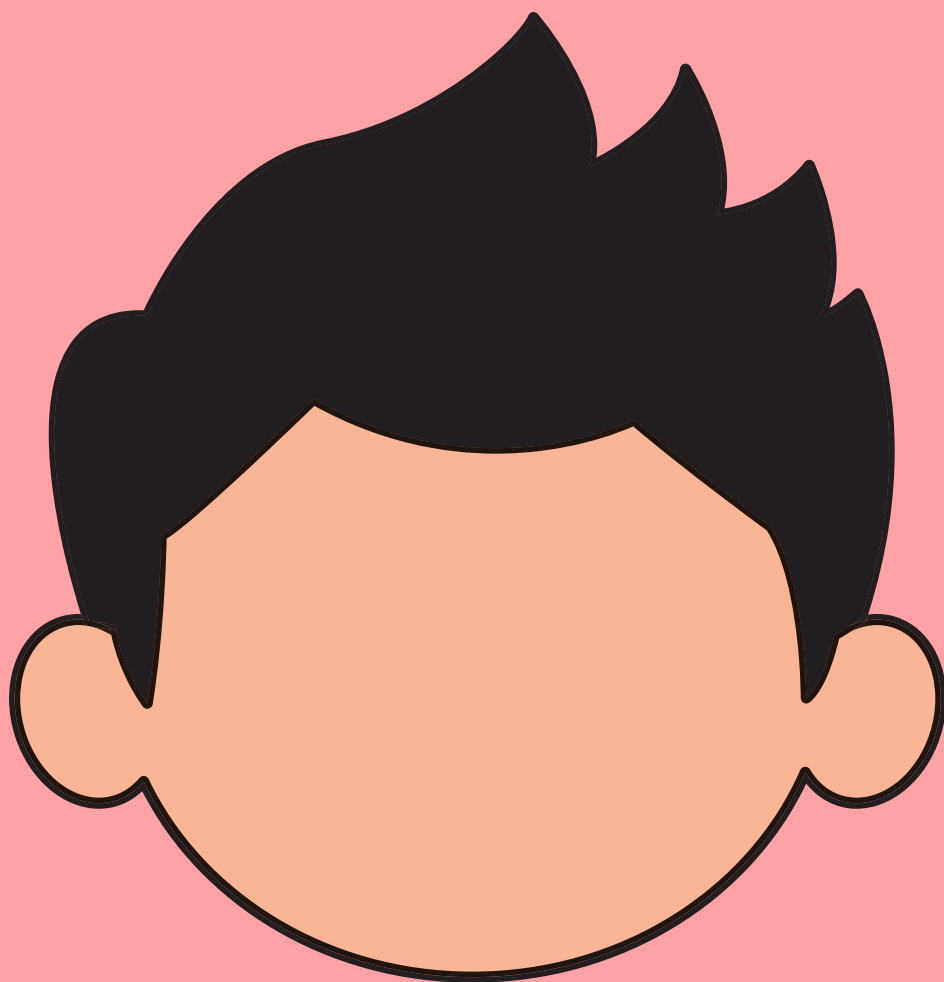


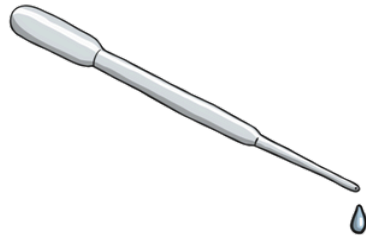




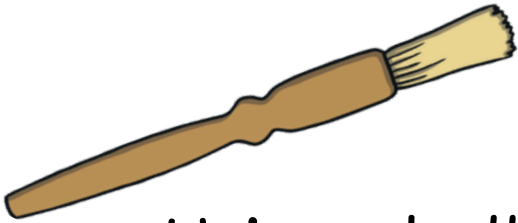








Wash Away the Sadness



Using chalk draw a sad face, a dark cloud, scribble all over and draw a big angry face.

Now it's time to wash away all the sadness. Get a small bucket/bowl of water and use tools like; sponges, a pastry brush, pipettes and paintbrushes.

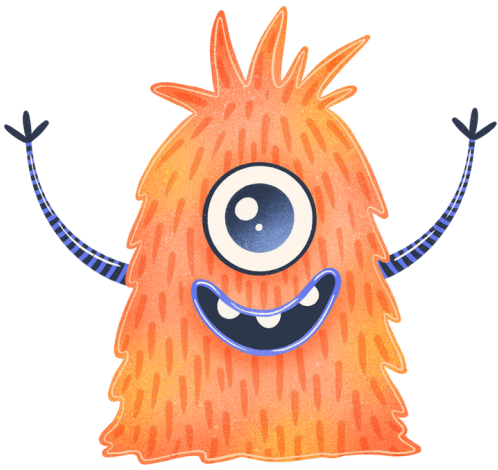


Mixed Emotions Art

On a blank piece of paper or card, put small dabs of paint to show your emotions - You can show how you feel through different colours.

Next grab a paintbrush and mix the emotions together!



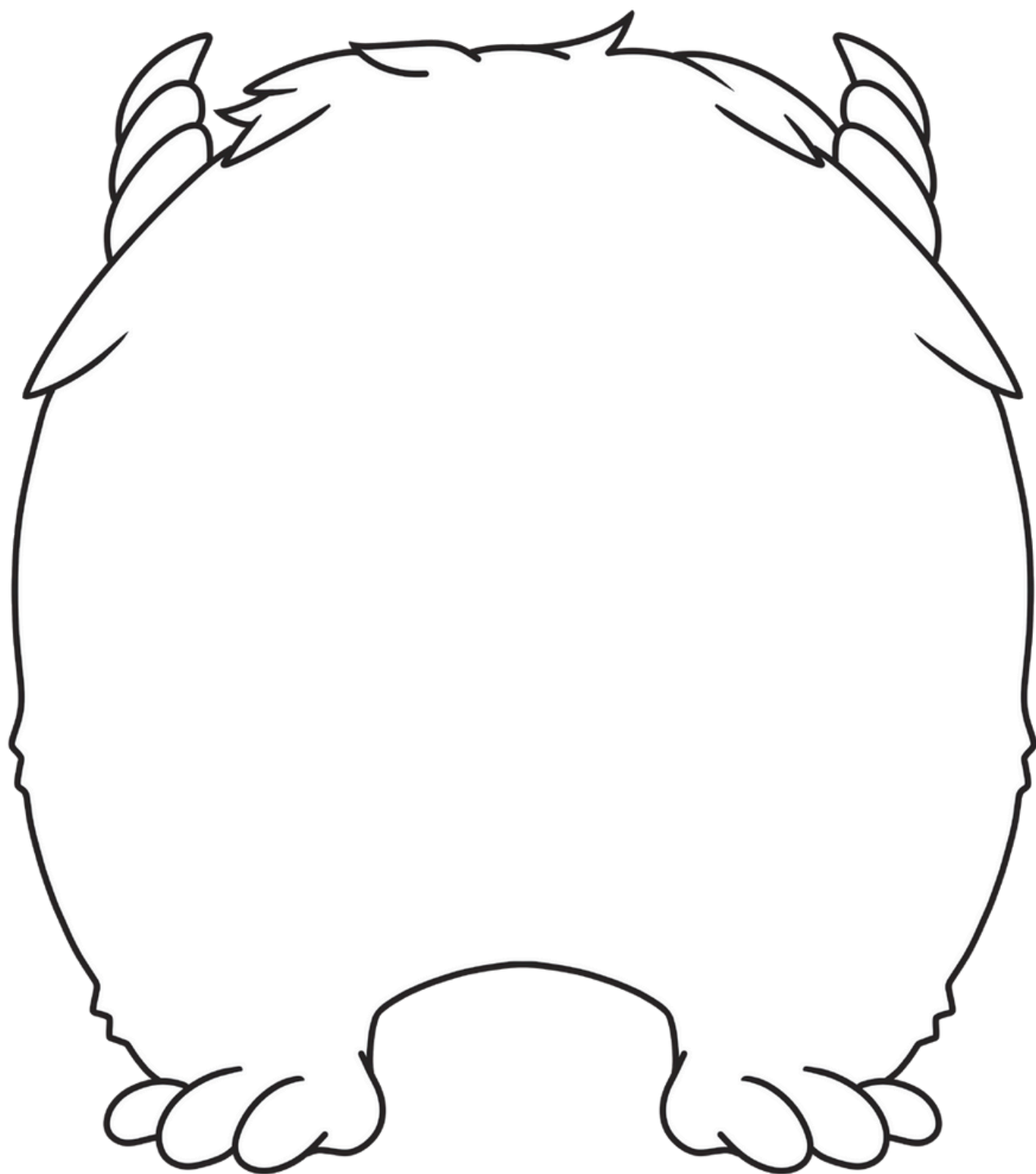


My Emotions Monster

Draw your own emotion monster (or the print out provided on the next page), using different coloured squares of tissue paper, glue them onto your emotions monster showing how you've been feeling.

Messy Play Idea:
SPLAT the paint onto the paper to create a different style and texture to your monster!





Match the Emotions!

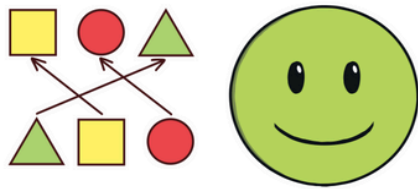
Can you recognise and match emotions?

Print out the activity sheet on the next page and match up the emotions. You can also use the colours to show which regulation zone that emotion belongs to.



TOP TIP: If you are able to laminate the print out, you can then use whiteboard pens for a reusable resource!

Creator Credit for this resource: Chelsea



Match the emotions!



Yoga

Unwind with calming music and breathing deeply.

Yoga can benefit both mental and physical health by increasing balance, stress-reduction, improved sleep and enhanced mood.

Try some of these poses yourself!



Emotion Charades

Make your own emotion charades (or use the print out on the next page), then taking it in turns act out the other persons emotion until they guess correctly.

If they need a little extra help you can give them verbal hints!





angry



calm



happy



sad



confused



shocked



scared



excited



tearful



bored



tired



worried

DIY Zen Garden

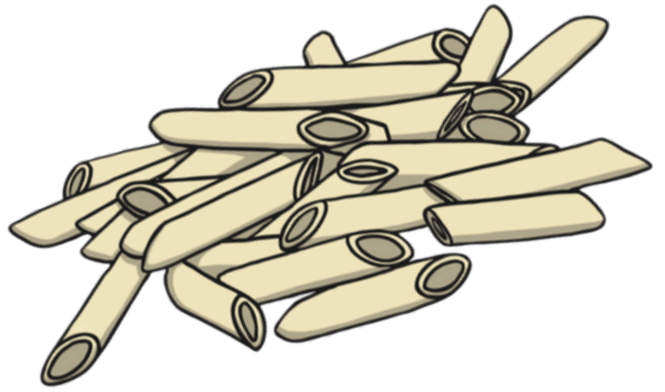
Pour a small amount of play sand into a tray, smooth it out with your hand. With a variety of tools such as; paintbrush, spoon handle, pastry brush, beach toy rake, etc., draw circles and squiggly lines. If you want to start over, just smooth out the sand with your hand.

You can even listen to calming music whilst you draw in your very own Zen Garden.

Add On: Wooden balancing stones

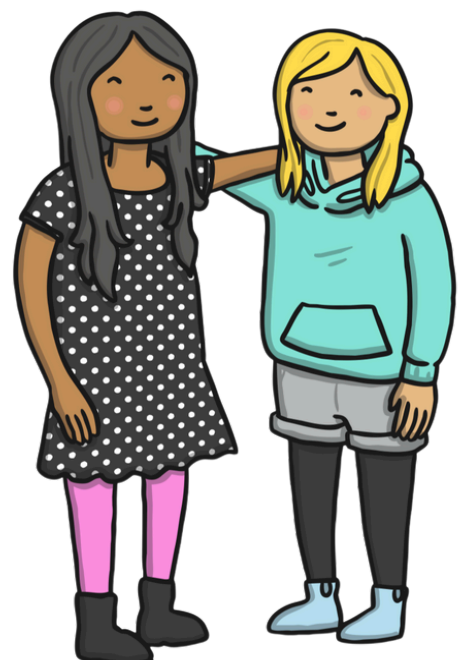
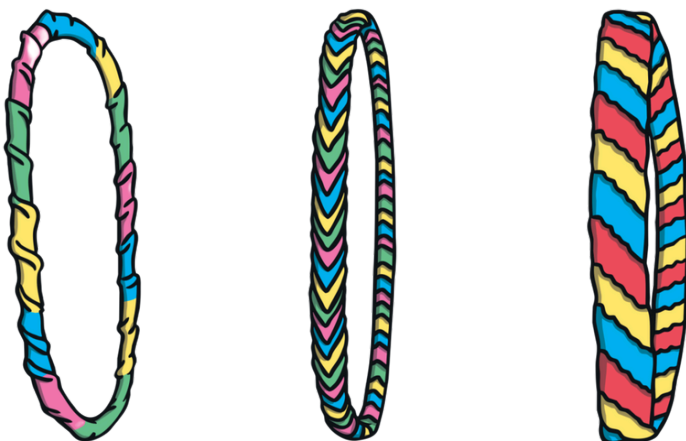
Food Safe Option:
Use crushed up cornflakes or rice krispies as the sand.

Pasta Friendship Bracelets



Using some paint and brushes, you're going to decorate pasta shells for a friendship bracelet.

Once all of your pasta has been painted wait for it to dry, then thread onto string and tie in place (you may need a grown-up for to help with this).



Mixed Emotions

Sensory Play

The emotions have been mixed, can you help them? In a tuff tray the coloured pompoms have all been mixed up and need to find the emotion they belong to, using a variety of tools separate the pompoms into the matching coloured cups of water.

You will need:

- a Tuff Tray
- Coloured PomPoms
- Scoops
- Plastic Tweezers
- Spoons
- Cups of coloured water (you can use washable paint instead of food colouring)



Idea: You can use the emotion charade cards for this activity as well, stick them onto the same coloured water cups.



Lollipop Logic



Write on coloured lollipop sticks emotions and questions, this can be a tool for discussing emotions, SEMH and other behaviours.

This can help with emotion regulation skills and emotion identification skills.

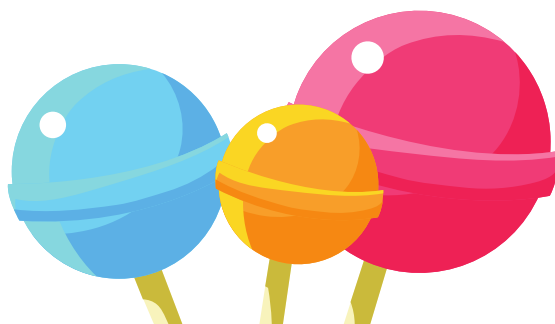
Here are some examples:

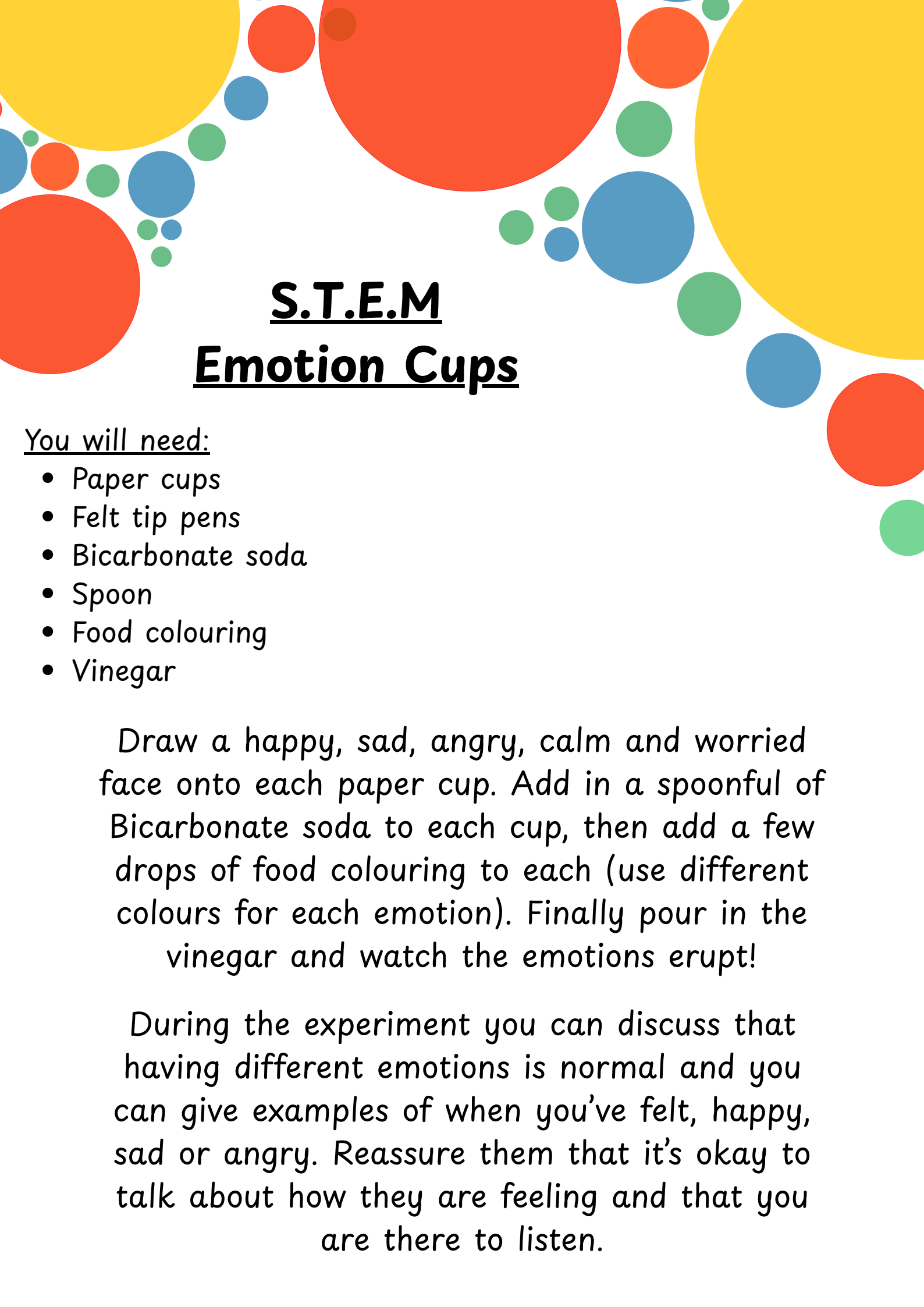
RED:

Can you tell me a time this week you felt angry?
What made you feel angry?

YELLOW:

Who made you feel happy this week?
What's something you did that made you feel happy?





S.T.E.M

Emotion Cups

You will need:

- Paper cups
- Felt tip pens
- Bicarbonate soda
- Spoon
- Food colouring
- Vinegar

Draw a happy, sad, angry, calm and worried face onto each paper cup. Add in a spoonful of Bicarbonate soda to each cup, then add a few drops of food colouring to each (use different colours for each emotion). Finally pour in the vinegar and watch the emotions erupt!

During the experiment you can discuss that having different emotions is normal and you can give examples of when you've felt, happy, sad or angry. Reassure them that it's okay to talk about how they are feeling and that you are there to listen.