

# Bag of Emotions



## What is The Bag of Emotions exercise?

The bag of emotions is an exercise which can be used to help children and teenagers express and communicate how they are feeling. This exercise is best done on a 1:1 basis and in a calm environment.

## How do I use it?

1. Draw a bag on a piece of paper. Have some coloured pens/pencils at hand ready for the next steps.
2. Explain to your child, "If this was a bag of feelings inside you, I wonder what would be inside there"?
3. If your child struggles to articulate their feelings, you can prompt them, for example "I noticed when you were sat in the living room earlier, and you looked fed up". I wondered how much of the bag would be full up of fed up feelings".
4. Ask your child to choose a colour for their feeling and to colour in how much of the bag contains this feeling. Depending on your child's ability, you might write down the names or they may do this themselves.
5. Find out more about each feeling. For instance you might explore;
  - What sorts of things make you feel [fed up]/ [worried]?
  - When do you mostly feel [fed up]/ [worried]?
  - Is there anything/anyone can do when you are feeling [fed up]/worried?
6. Follow your child's lead & try not to follow the instructions too rigidly.
7. Bring the exercise to a close by asking the child to make 3 wishes to put in bag.