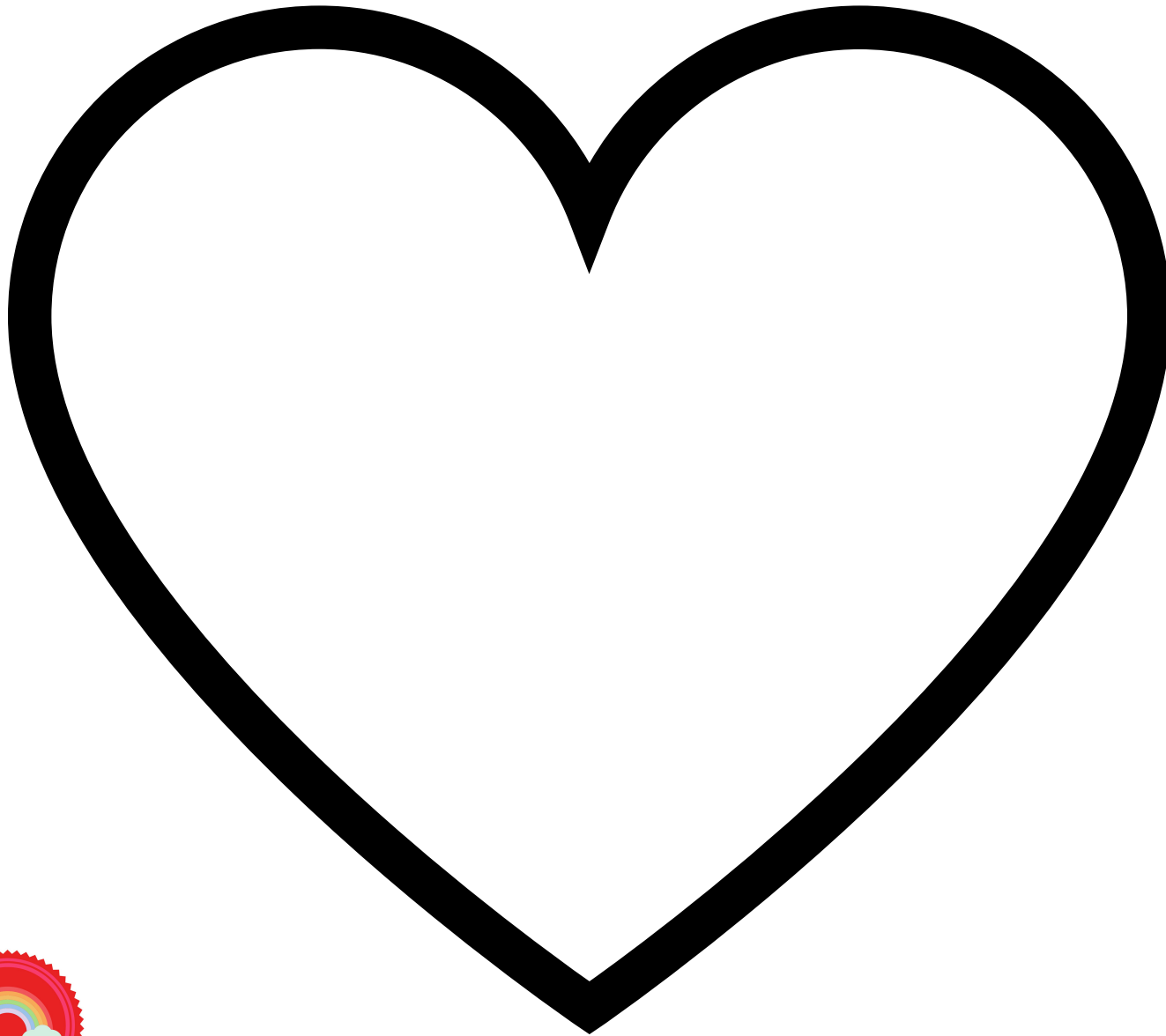


# What's In My Heart



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# How To Use



The What's In My Heart worksheet is one that I use all the time in 1:1 and group sessions because it really scaffolds reflecting on feelings brilliantly for kids. Lots of children find it hard to articulate their feelings using words, so this can be a really helpful tool.

All you do is:

- Ask your child to think about all the different parts of their lives at the moment and how they are making them feel (friends, family, school, home, the world in general!).
- Use different colours and shapes to represent each different part of their life in their heart.
- They might want to think about how much of the heart each colour and shape is taking up for them, where they are positioned and if any parts merge into each other or overlap.
- Use the key to note down which colour represents which feeling.
- Set aside time to talk through your child's heart with them. Ask them to describe each part, and if there are any parts they'd like some help with?
- You could do a bit of an introduction discussing which shapes and colours might represent which emotion (although be sure to say that there are no rules, that feelings are a bit different for everyone and every situation). It might also be useful to write some emotions words out for them to look at.

