

# Discovering My Feelings

Interactive workbook to guide children aged 8-12  
through the process of learning about their emotions



by Donna Mahoney



Hello and thank you for purchasing Discovering My Feelings. My passion in life is working with children, adolescents and families to empower them to take control of their lives and live their best life possible.

For over 20 years I have been known for the work I do as a child, adolescent and family counsellor. I also write personal development programs for all ages and facilitate them around Australia and internationally

A lot of the work I do is with indigenous children and I found that there was very little in the way of resources available to allow indigenous children to identify with the characters being used. I have created a unique set of indigenous characters that are used throughout my resources to provide indigenous children with a sense of self when working through the activities. All resources are available in boy/girl and caucasian/indigenous combinations.

Should you have any queries in relation to any of the resources, requests for additional resources or my work in general please email [adminteam@innatetherapies.com](mailto:adminteam@innatetherapies.com)

*Donna Mahoney*

### **My Qualifications**

Bachelor of Arts - Majoring in Human Services

Diploma of Community Services (Welfare Studies)

Diploma of Professional Counselling

Diploma in Sensorimotor Art Therapy

Diploma in Clay Field Therapy

Certificate in Expressive Therapies with Children and Adolescents

Certificate in Sand Play Therapy and Symbol Work with Children, Adolescents and Adults

Level 1 & 2 Emotional Freedom Technique (E.F.T.)

This book is designed for adults to guide children aged 8-12 years through learning to identify their feelings.

Your role is to support the child to go through each page and talk to them about what they are discovering about themselves. Some children will need a little more prompting than others and this is ok, just be careful to make sure that it is about them and not your interpretation of the work they are doing.

You will need to offer them a range of pencils/felt pens/crayons with a choice of colours to allow them to fully express their feelings.

*Donna Mahoney*



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You may copy the book as often as needed for your client work however distribution via email or any other means outside of your one on one or group therapy sessions is forbidden and the book or characters cannot be altered in any way, resold in any format or shared with other practitioners.

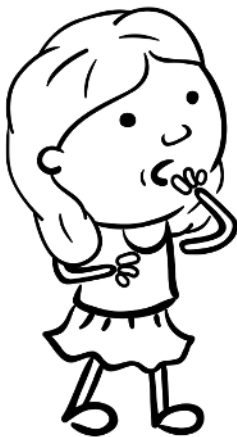
Any breach of these terms will be taken seriously and legal action will be taken to protect not only my work but the integrity of the resources.

We all have feelings. There are many different feelings that you might have. With some of your feelings other people may be able to tell how you are feeling by the look on your face. Lots of things can change your feelings every day - things like where you are, things you do, things other people say and even what you eat.

What do feelings look like? Draw a line to match the feeling with the picture.



Disappointed



Excited

Surprised

Sad



Angry

Happy

Scared





Here are some examples of what others say they do when they are feeling happy:

- They whistle a lot
- They smile
- They walk with their head up

What can you tell me about what it feels like when you feel happy.

When I feel Happy I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt happy.

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Here are some examples of what others say they do when they are feeling scared:

- They cry
- They feel sick in the stomach
- They want to hide

What can you tell me about what it feels like when you feel scared.

When I feel Scared I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt scared.

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Here are some examples of what others say they do when they are feeling surprised:

- They giggle
- They feel sick in the stomach
- They jump

What can you tell me about what it feels like when you feel surprised.

When I feel surprised I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt surprised.

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Here are some examples of what others say they do when they are feeling sad:

- They cry
- They throw things
- They hide away from everyone else

What can you tell me about what it feels like when you feel sad.

When I feel sad I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt sad.

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Here are some examples of what others say they do when they are feeling disappointed:

- They yell
- They cry
- They get angry

What can you tell me about what it feels like when you feel disappointed.

When I feel disappointed I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt disappointed.

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Here are some examples of what others say they do when they are feeling angry:

- They yell
- They cry
- They throw things around

What can you tell me about what it feels like when you feel angry.

When I feel angry I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt angry.

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Here are some examples of what others say they do when they are feeling excited:

- They jump up and down
- They laugh
- They can't sit still

What can you tell me about what it feels like when you feel excited.

When I feel excited I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tell me a story or write about a time when you felt excited.

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Feelings show up in lots of ways. Sometimes we show our feelings by the way we behave around other people. It is good to show your feelings and be aware of how they might seem to other people. We all show our feelings in different ways and with different behaviours.

How do you show your feelings? Below are some options for how feelings are shown. Put a ✓ next to the ones you use to show your feelings.

**When I'm Happy I:**

- Smile       Laugh       Play       Sing

**When I'm Angry I:**

- Feel sick       Scream or Yell       Cry       Hit and Punch

**When I'm Sad I:**

- Cry       Hide from others       Stay very quiet       Pretend I'm not sad

**When I'm Disappointed I:**

- Feel sick inside       Yell or Scream       Cry       Pretend it doesn't matter

**When I'm Excited I:**

- Smile & Laugh       Jump around       Talk a lot       Can't sit still

**When I'm Scared I:**

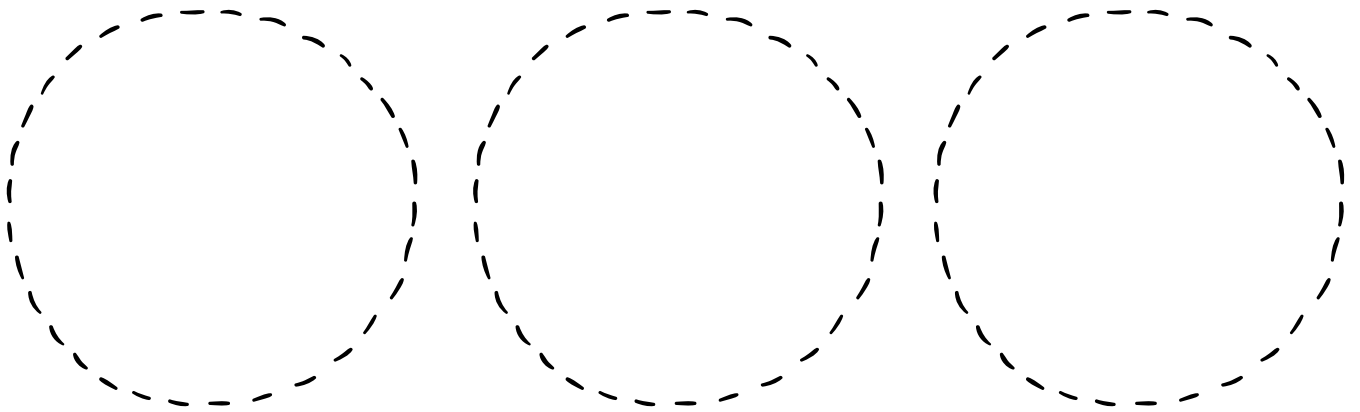
- Cry       Feel sick inside       Run away       Hide from others

**When I'm Surprised I:**

- Laugh       Pretend I'm not       Cry       Act silly

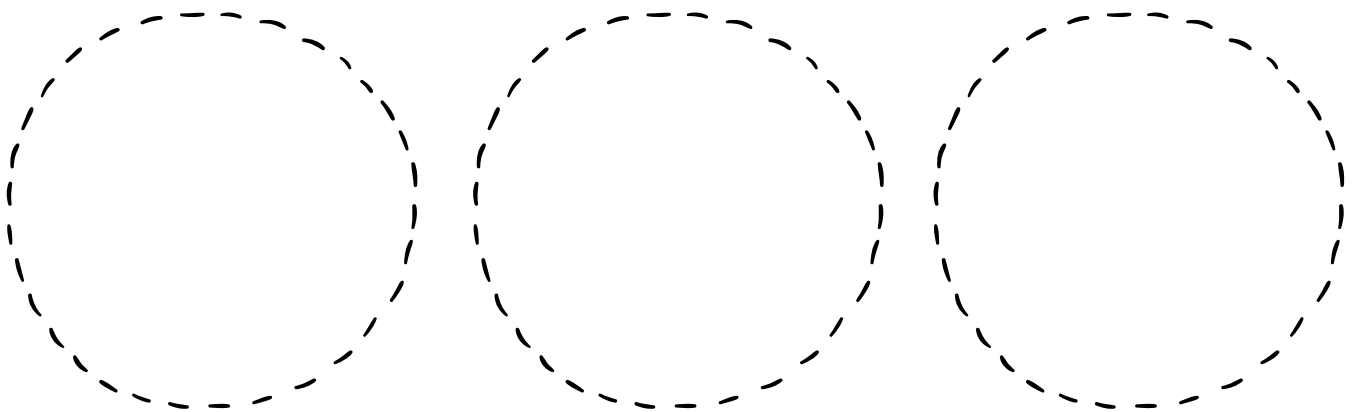
Sometimes it seems easier to pretend or hide what you are feeling so that you don't have to talk about it or show how you are feeling in front of other people. Hiding your feelings isn't healthy for you. When we hide our feelings it is like we are wearing a mask so that people can't see what is really happening for us. It is important to let your feelings show and for people around you to know how you are feeling so that you can be given help or support when you need it.

Do you hide your feelings from others? If you do, can you draw and name the three feelings you hide the most?



What are the names of the feelings you hide ?

\_\_\_\_\_



What are the names of the masks you use to hide your real feelings?

\_\_\_\_\_

It is important that you understand what you are feeling and where it shows in your body and how it affects your behaviour.

A good way to learn more about your feelings is to start a feelings journal. All you need is a book with blank pages and a pen or pencil and you can use it every day, whenever you want to write down how you felt about something that happened that day or how you are feeling at any other time or you can draw pictures of how you feel.

The feelings journal is only for you. You don't need to show anyone else. It is a way for you to discover more about your feelings and it helps to write down how you are feeling so you don't need to hang on to any feelings if you don't want to. Once you write them down you can decide if you need to keep feeling that way or if you will be finished with that particular feeling at that time.