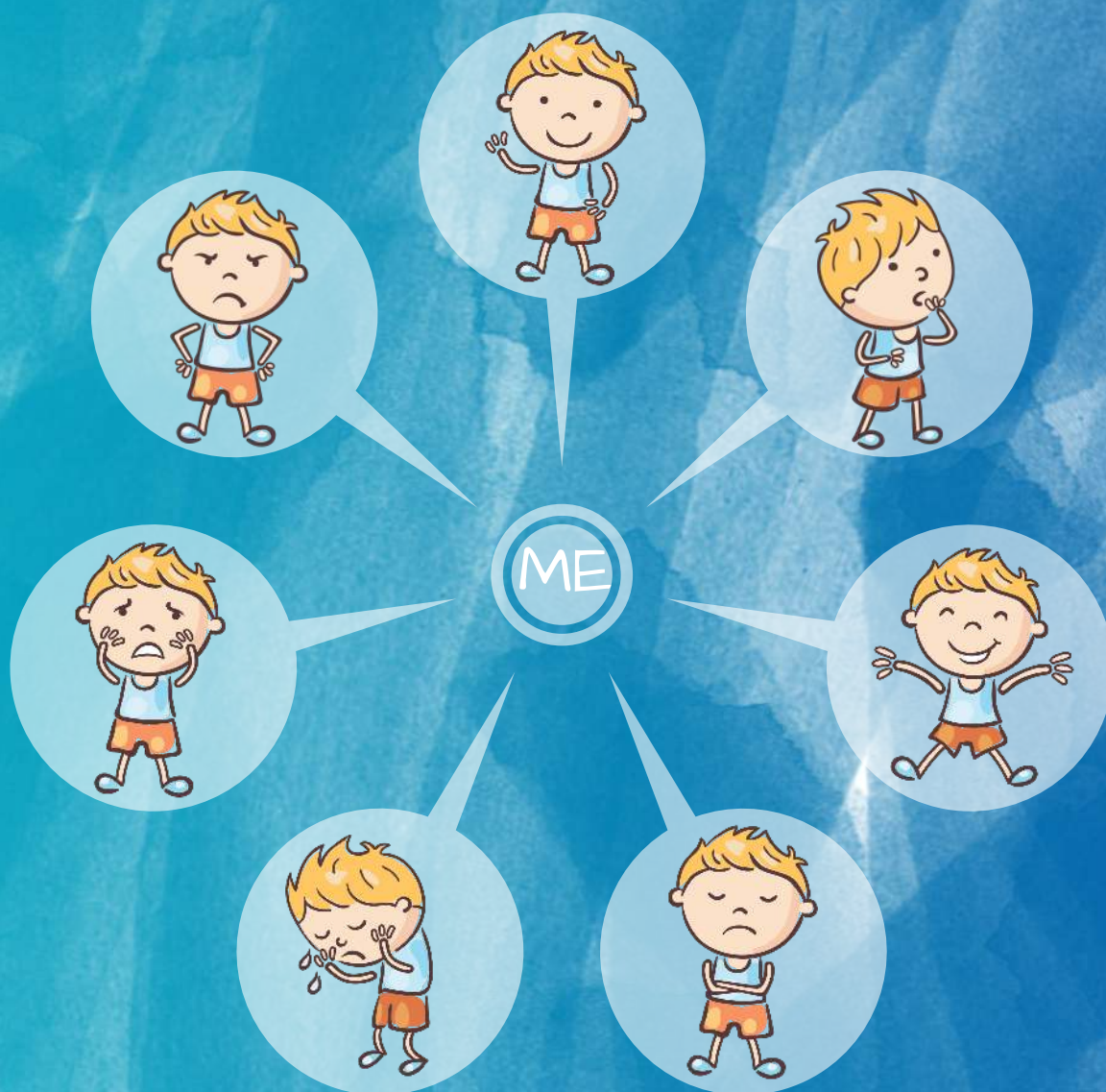


# Discovering My Feelings

Interactive workbook to guide children aged 4-7 years 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 4-7 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 and get to know their feelings.

*Donna Mahoney*



[www.innatetherapies.com](http://www.innatetherapies.com)

## © Copyright

All activities and characters contained in this book are copyright to Donna Mahoney.

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? Let see if you can match the feelings that go with each facial expression. Draw a line to match the feeling with the picture.



Disappointed

Excited

Surprised

Sad



Angry

Happy



Scared



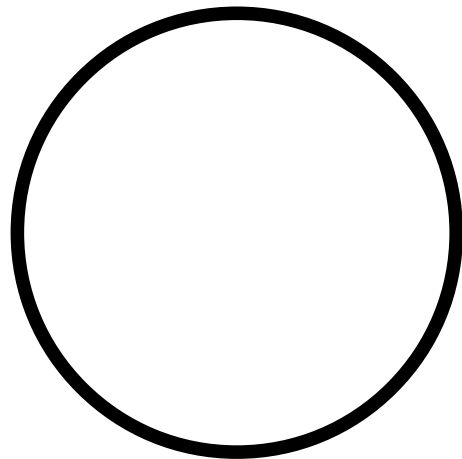
Let's now go through each feeling and see what it looks and feels like for you.

# HAPPY

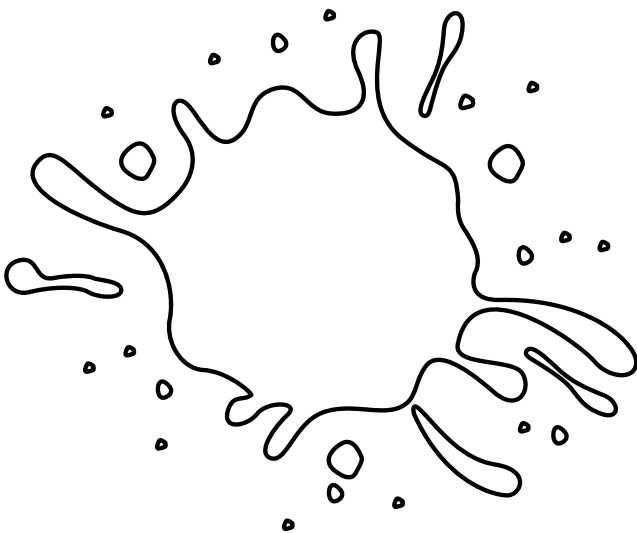


Draw what your face looks like when you feel happy.

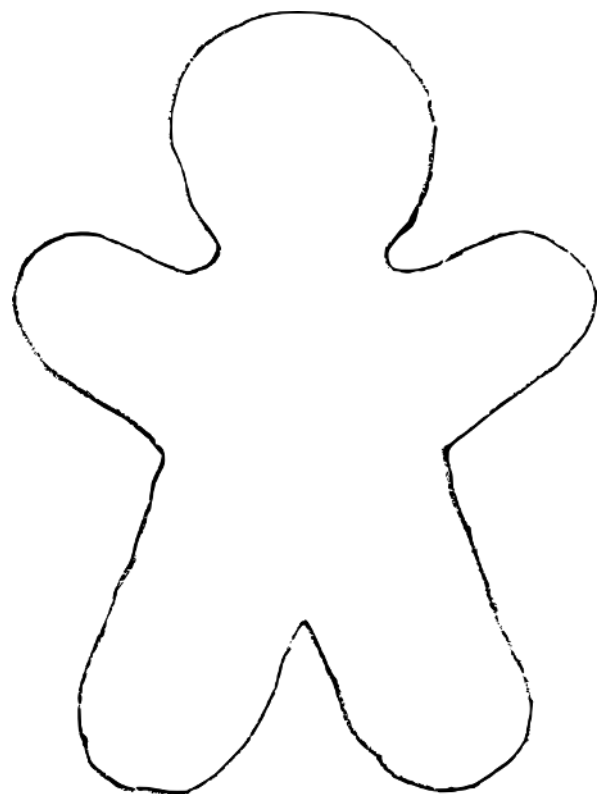
## THIS IS MY HAPPY FACE



If happy was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your happy colour, draw on the person where you feel happy in your body



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 draw a picture of a time when you felt happy.

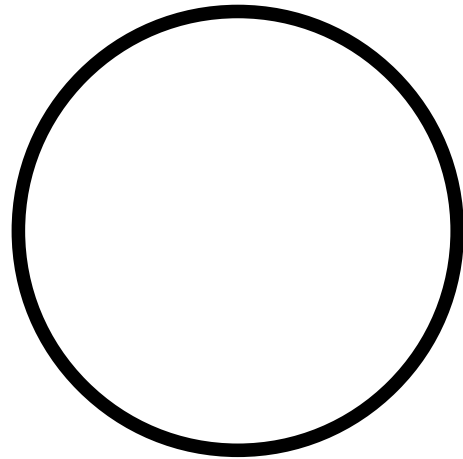


# SCARED

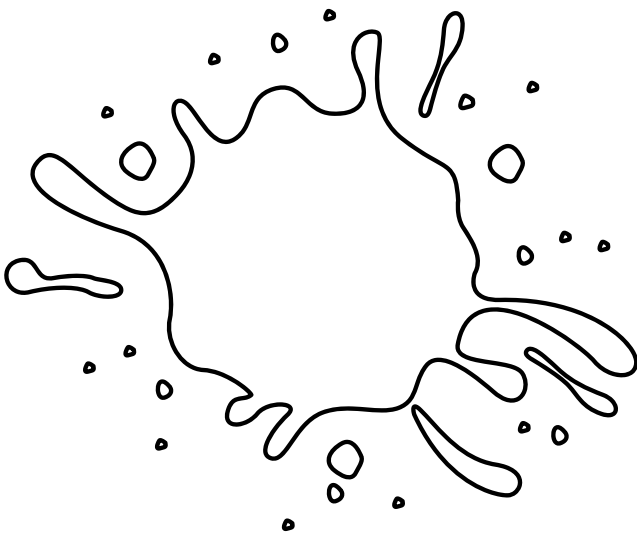


Draw what your face looks like when you feel scared.

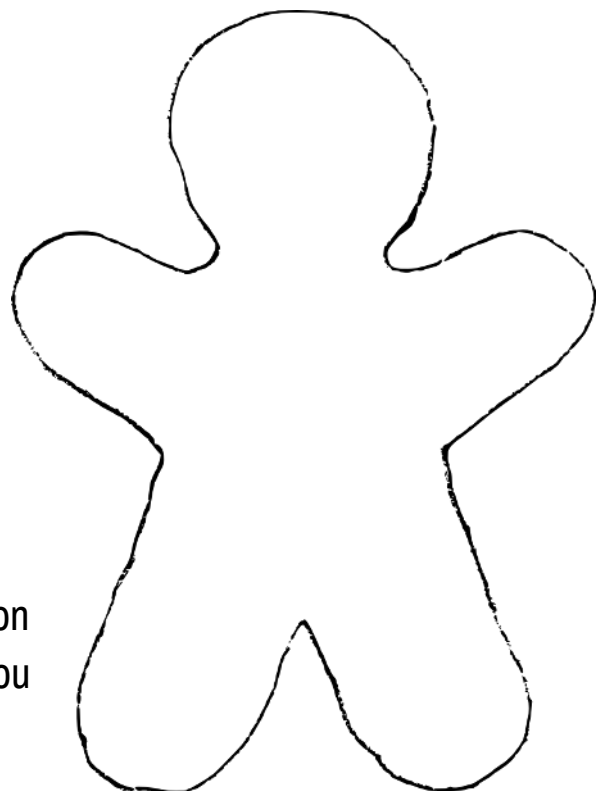
## THIS IS MY SCARED FACE



If scared was a colour, what colour would it be for you? Colour in the paint splat.



Using your scared colour, draw on the gingerbread person where you feel scared in your body



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 draw a picture of a time when you felt scared.



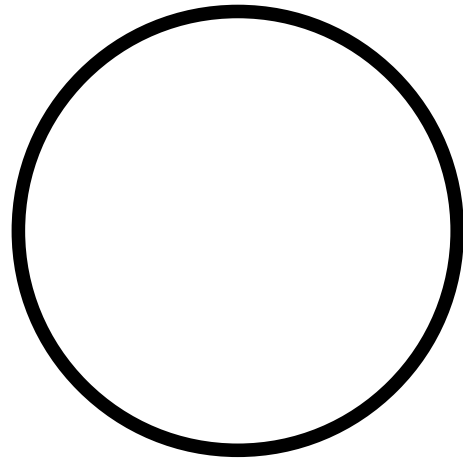


# SURPRISED

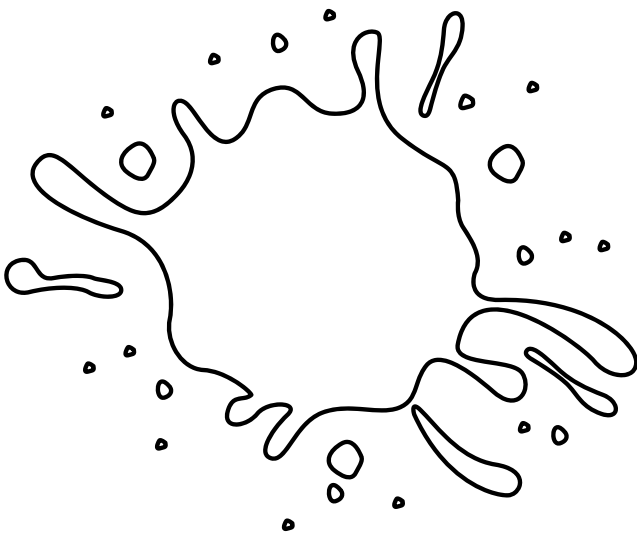
Draw what your face looks like when you feel surprised.



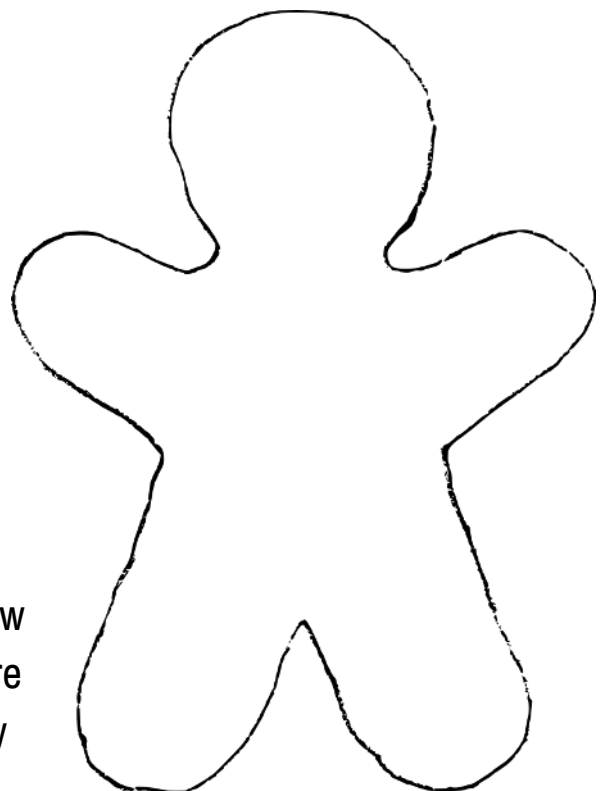
## THIS IS MY SURPRISED FACE



If surprised was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your surprised colour, draw on the gingerbread person where you feel surprised in your body



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

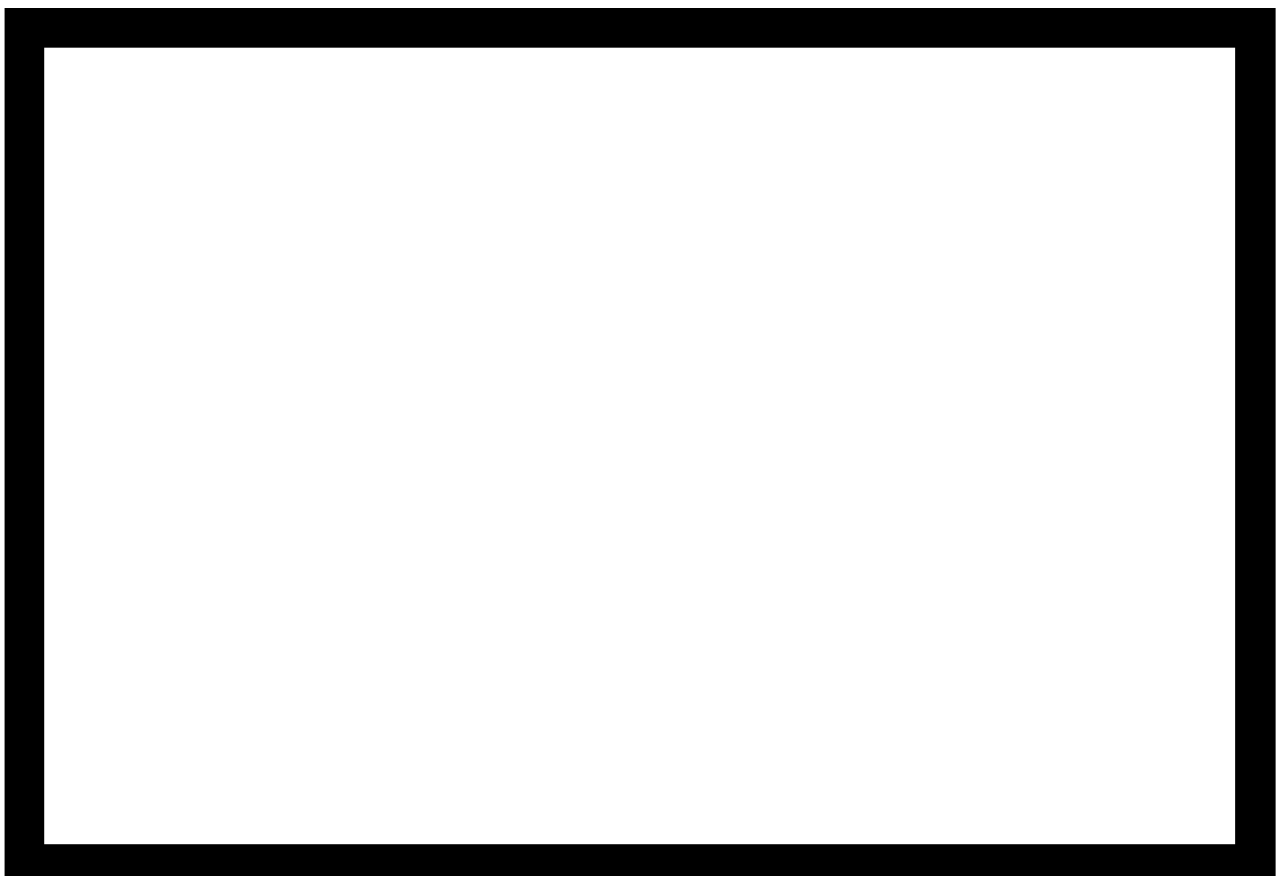
- They giggle
- They feel sick in the stomach
- They jump

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 draw a picture of a time when you felt surprised.

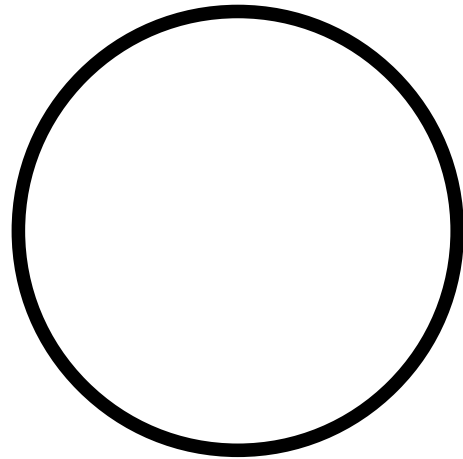


**SAD**

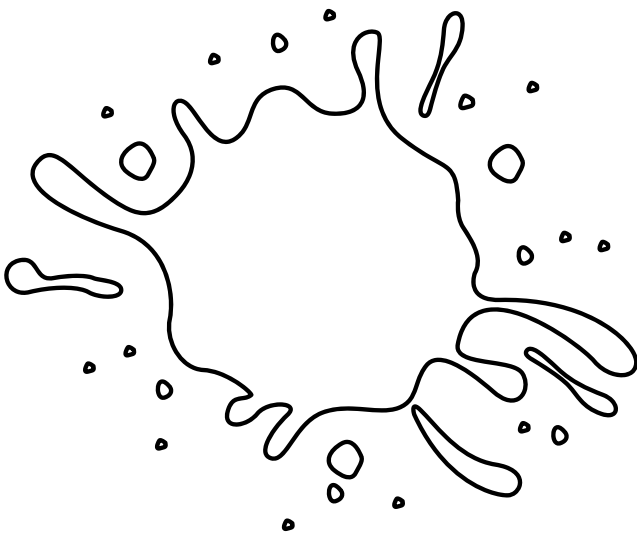


Draw what your face looks like when you feel sad.

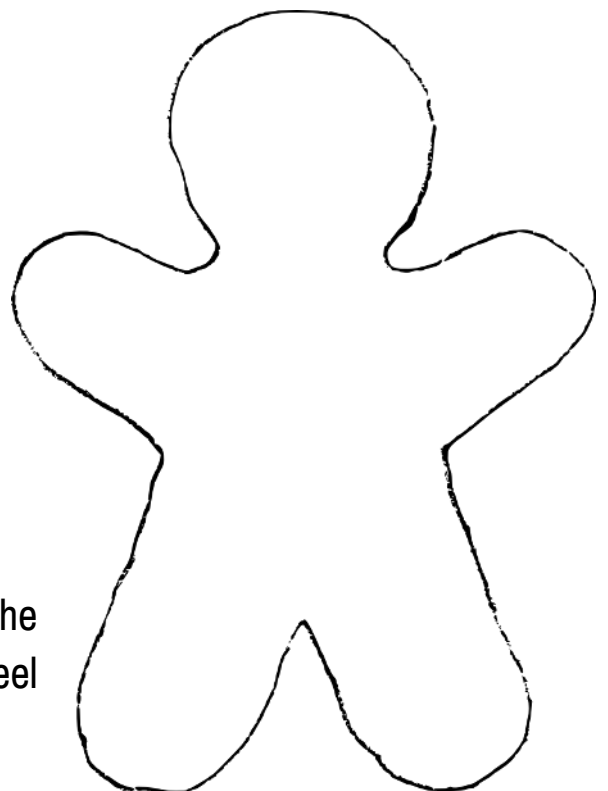
**THIS IS MY SAD FACE**



If sad was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your sad colour, draw on the gingerbread person where you feel sad in your body



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 draw a picture of a time when you felt sad.

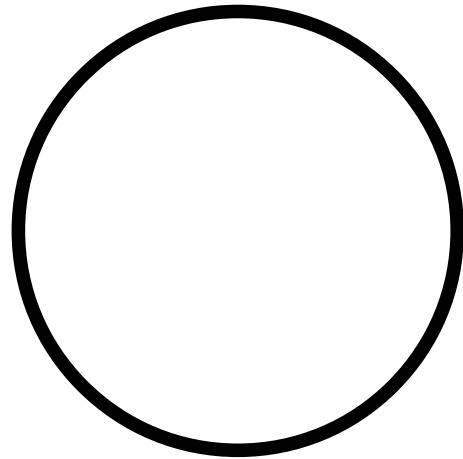


# DISAPPOINTED

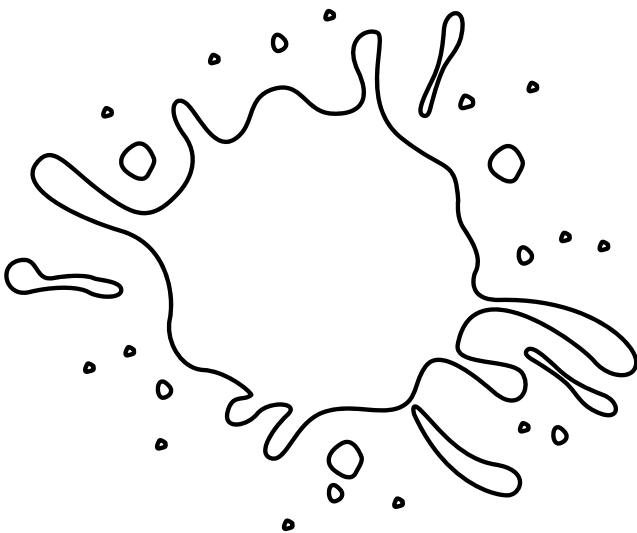
Draw what your face looks like when you feel disappointed.



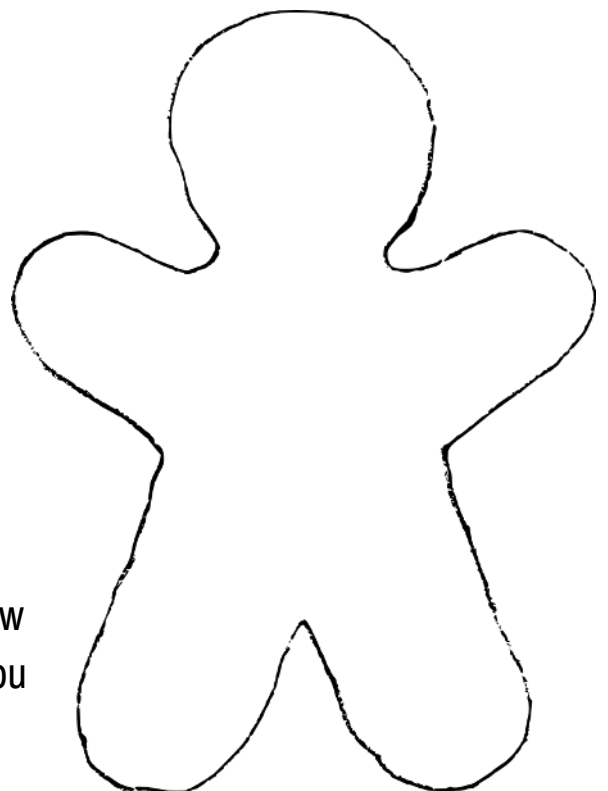
## THIS IS MY DISAPPOINTED FACE



If disappointed was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your disappointed colour, draw on the gingerbread person where you feel disappointed in your body



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 draw a picture of a time when you felt disappointed.

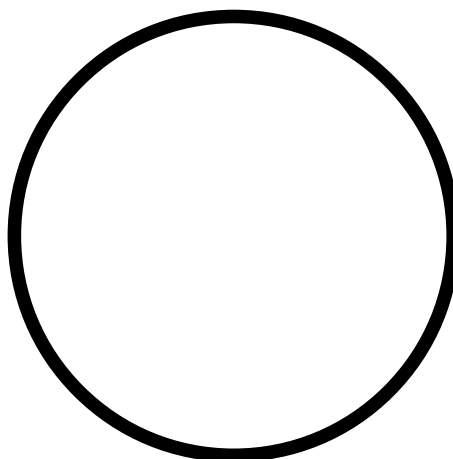


# ANGRY

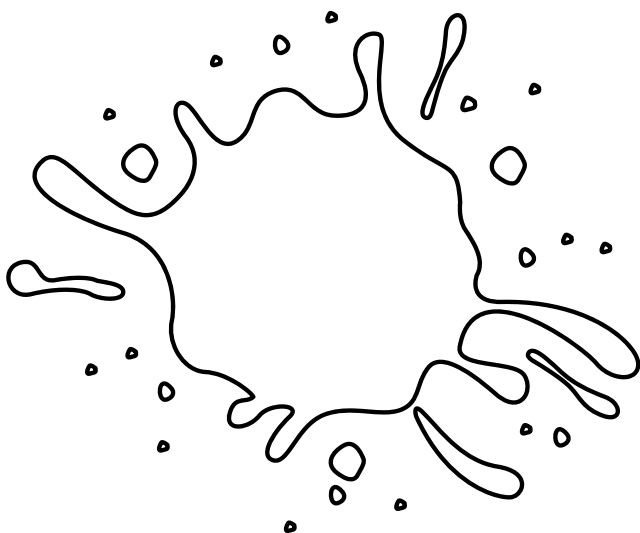


Draw what your face looks like when you feel angry.

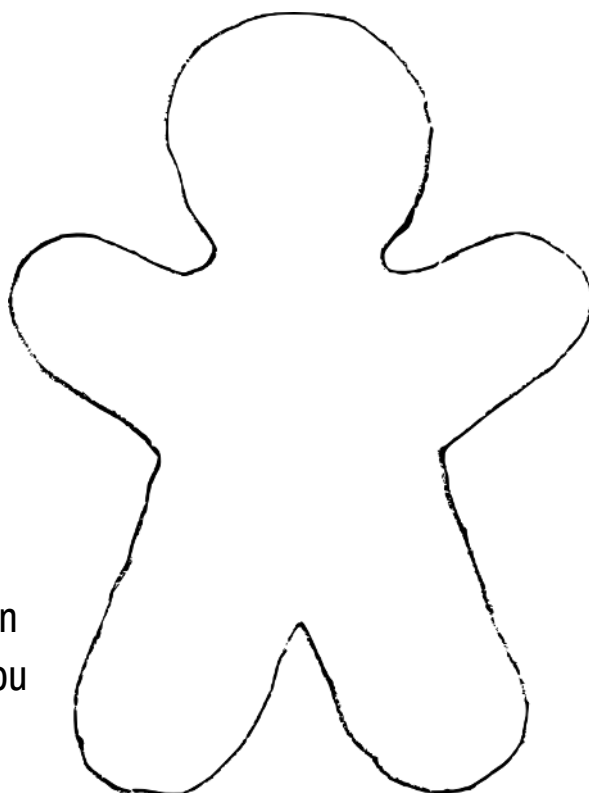
## THIS IS MY ANGRY FACE



If angry was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your angry colour, draw on the gingerbread person where you feel angry in your body



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 draw a picture of a time when you felt angry.



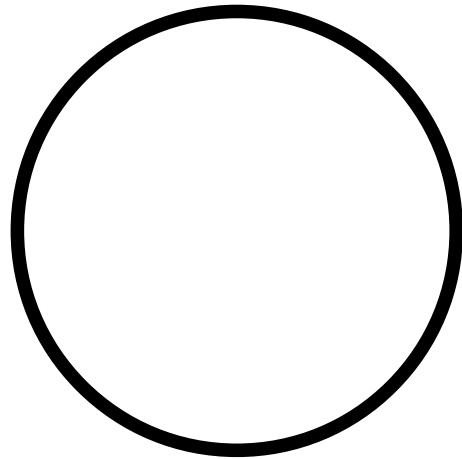


# EXCITED

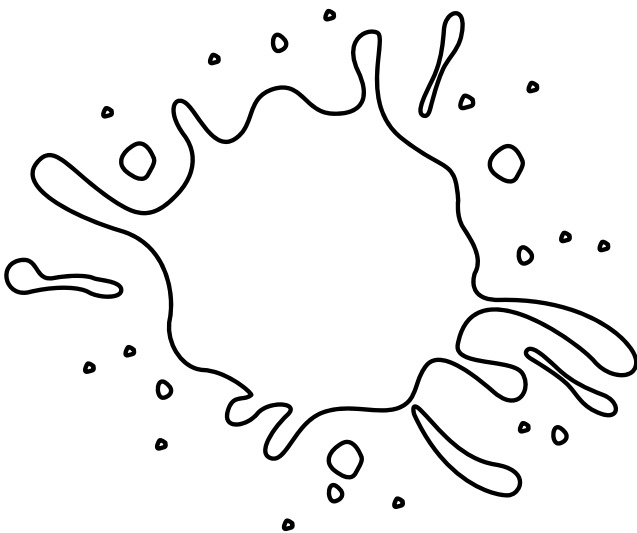


Draw what your face looks like when you feel excited.

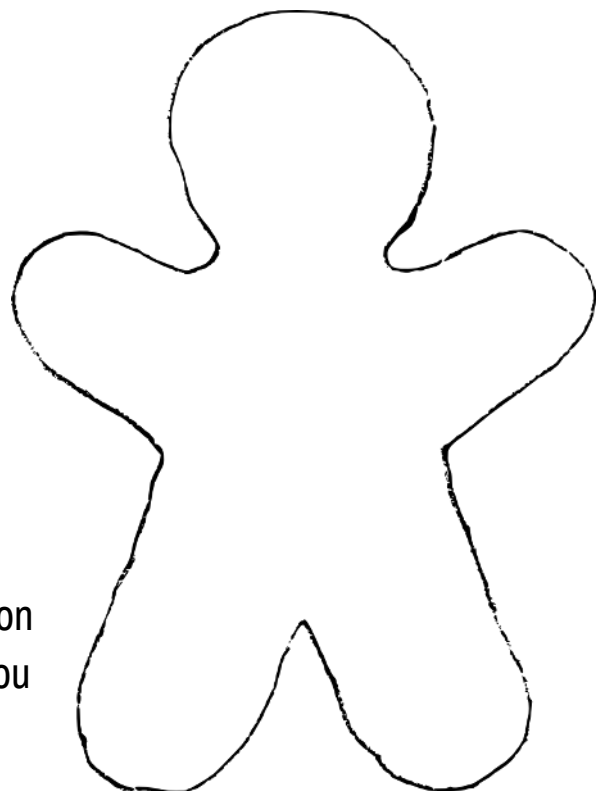
## THIS IS MY EXCITED FACE



If excited was a colour, what colour would it be for you?  
Colour in the paint splat.



Using your excited colour, draw on the gingerbread person where you feel excited in your body



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 draw a picture of a time when you felt excited.

