Emotions, Feelings and behaviour regulation

Balloons filled with cornflour with faces on with **happy, sad, cross, worried, excited, faces**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj6j5Hl2sTeAhUEY1AKHdZ1CGkQjRx6BAgBEAU&url=https://www.powerfulmothering.com/30-games-activities-and-printables-to-teach-emotions-to-young-kids/&psig=AOvVaw3mjJ-vF8FtVkT7JL_kefj0&ust=1541763431503383)

Posting box with hole in top, using coloured plain small balls with faces drawn on

[](https://www.google.co.uk/imgres?imgurl=https://d4iqe7beda780.cloudfront.net/resources/static/main/image/bru294.jpg&imgrefurl=https://www.hop.com.au/catalogue/kt/kt-feelings-and-emotions&docid=KOcO-ebkR6eGXM&tbnid=_sy_gJK_3iwM3M:&vet=10ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwh_KDQwNA..i&w=350&h=250&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20craft%20&ved=0ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwh_KDQwNA&iact=mrc&uact=8)

Soap bottles with faces on stickers with coloured water

[](https://www.google.co.uk/imgres?imgurl=https://i.pinimg.com/236x/21/ba/cb/21bacbf699c45f2dbe9cb64c223529ae--teaching-emotions-disney-inside-out.jpg&imgrefurl=https://www.pinterest.com/playdrmom/play-therapy-learning-about-emotions/&docid=e-1lQZSvdZ7-nM&tbnid=p4bMBzmS3kyNXM:&vet=10ahUKEwj81o_h3cTeAhVTasAKHZFLDpYQMwhHKAkwCQ..i&w=236&h=153&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20craft%20bottles%20and%20walls&ved=0ahUKEwj81o_h3cTeAhVTasAKHZFLDpYQMwhHKAkwCQ&iact=mrc&uact=8)

Calm down bottles with glitter and oil, red, orange, yellow, green, blue

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=&url=https://preschoolinspirations.com/glitter-jars/&psig=AOvVaw10R4Z98wYVAKgFdadPbWCa&ust=1541764309659863)

Emotion wall with coloured strips of material or paint hung on the wall to stand in front with labels saying today I am feeling blue, red, orange, yellow, green (sad, cross, worried, happy, excited)

[](https://www.google.co.uk/imgres?imgurl=https://www.sec-online.co.uk/uploads/Blogs/Interiors/Office-Colour-Psychology/Updated/office-colour-psychology-tips-tricks.jpg&imgrefurl=https://www.sec-online.co.uk/article/psychology-what-colour-scheme-does-your-office-need&docid=eTYIpdu6izYgHM&tbnid=x74aio65lFbG2M:&vet=12ahUKEwi9ttLX4MTeAhWGCSwKHYPuD2U4ZBAzKA8wD3oECAEQEA..i&w=1180&h=373&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20walls%20hangings&ved=2ahUKEwi9ttLX4MTeAhWGCSwKHYPuD2U4ZBAzKA8wD3oECAEQEA&iact=mrc&uact=8)

Use paint swatches to choose how you feel

[](https://www.google.co.uk/imgres?imgurl=http://ichef.bbci.co.uk/wwfeatures/wm/live/1280_720/images/live/p0/2n/9d/p02n9dz1.jpg&imgrefurl=http://www.bbc.com/future/story/20150402-do-colours-really-change-our-mood&docid=Sf2ad-sX9ivPtM&tbnid=e04eagZweskYnM:&vet=12ahUKEwi9ttLX4MTeAhWGCSwKHYPuD2U4ZBAzKDAwMHoECAEQMQ..i&w=1280&h=720&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20walls%20hangings&ved=2ahUKEwi9ttLX4MTeAhWGCSwKHYPuD2U4ZBAzKDAwMHoECAEQMQ&iact=mrc&uact=8)

Red, amber, green fan showing too fast to too slow for ASD hyperactive or inactive

[](https://www.google.co.uk/imgres?imgurl=https://heartmindonline.org/sites/default/files/styles/main_node_image/public/IMG_3124_1.JPG?itok%3DSRAmSrPb&imgrefurl=https://heartmindonline.org/resources/feelings-gauge-how-is-my-body-feeling&docid=nJC_R8V_3zE4mM&tbnid=JQRoUEEmS2pGGM:&vet=10ahUKEwiH17C-2sTeAhUM2xoKHUXnBAEQMwiKASg-MD4..i&w=840&h=629&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20resources&ved=0ahUKEwiH17C-2sTeAhUM2xoKHUXnBAEQMwiKASg-MD4&iact=mrc&uact=8)

Emotion coloured circles for carpet time how are you feeling today

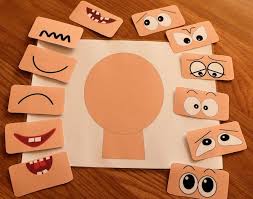
Personalised feeling card: 

Instead of tender place a child’s face with an arrow in the centre to point to how they are feeling.

Other craft activities and ideas

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjNrrjC2sTeAhWHZ1AKHTrdDl8QjRx6BAgBEAU&url=https://childhood101.com/managing-big-emotions-best-resources-to-use-with-kids/&psig=AOvVaw3mjJ-vF8FtVkT7JL_kefj0&ust=1541763431503383)

Painting activity colouring your hands/ fingers in the colour you are feeling today and then print it.

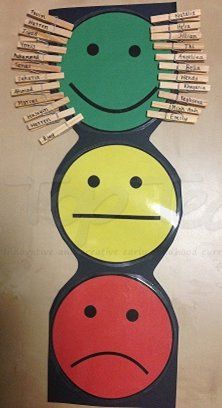
[](https://www.google.co.uk/imgres?imgurl=https://i.pinimg.com/originals/49/04/8f/49048fba81e5d34fbdf1e7025781f739.jpg&imgrefurl=https://www.pinterest.com/pin/162200024058697815/&docid=LyAR4pbFVWD8ZM&tbnid=hNjsgVqLQd9yDM:&vet=10ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwhzKCgwKA..i&w=885&h=695&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20craft%20&ved=0ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwhzKCgwKA&iact=mrc&uact=8)

Build a face that shows how you feel and say why.

[](https://www.google.co.uk/imgres?imgurl=https://www.montessorifromtheheart.com/.a/6a01b8d19ea395970c01b8d2c49f4b970c-800wi&imgrefurl=https://www.montessorifromtheheart.com/my-blog/2017/12/emotions-body-feelings-mind-diy-puppets-kids-craft-homeschool-mindfulness.html&docid=YVmKRFaSuzQHuM&tbnid=vOH-3BeP9fqhSM:&vet=10ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwigAShVMFU..i&w=800&h=532&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20craft%20&ved=0ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwigAShVMFU&iact=mrc&uact=8)

[](https://www.google.co.uk/imgres?imgurl=http://www.elementaryschoolcounseling.org/uploads/1/3/8/5/1385140/2379341_orig.jpg&imgrefurl=http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html&docid=awLMX3uCQ-ueNM&tbnid=LiT-RWgilGstKM:&vet=10ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwipASheMF4..i&w=554&h=413&safe=vss&bih=738&biw=1536&q=emotion%20and%20feeling%20craft%20&ved=0ahUKEwjf-sPk3MTeAhWBJMAKHahtDUgQMwipASheMF4&iact=mrc&uact=8)

Name cards/photos for register time placed on coloured pegs when they arrive 5 emotions above

**[](http://www.topteacher.com.au/class-ideas/classroom-resources/behaviour-management/traffic-light-behaviour-management-chart)**

This could be used as a How are you feeling today rather than names on



Emotion stones or make your own with Ping-pong balls.