








•Sad	
•Tired	
•Sick	
•Happy	

•Relaxed	
•Excited	
•Scared	
•Surprised	
• Hungry	

•Angry	
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Activity: Talking about feelings

Aim of activity: To learn to label emotions in others

Materials needed: Zones board sent home in pack

Activity Description:

Whenever you are watching television, reading a book or doing an activity together, have the “Zones Board” nearby and label the emotions of the characters or people.

Each set of feelings fall into a “Zone” – blue, red, green or yellow, and some examples of these feelings are illustrated on the left. We link the emotion to the colour that emotion falls into.

Some examples:

“He is happy, he is in the green zone”

“The baby is crying, he is sad, he is in the blue zone”

“Daddy is excited, he is in the yellow zone”

“Sister is hungry, she is in the yellow zone”

Depending on your child’s understanding of language and emotion, either point to the relevant emotion or ask your child to point to it, or to give a reason “he is happy, because...”.