

# Talking Matters

[www.talkingmatters.com.au](http://www.talkingmatters.com.au) Ph: 8255 7137  
 Helping your child to reach their potential



## Using your feeling book

*This book is designed to help children develop understanding of their emotions and how to manage them, as well as to understand the emotions of others and appropriate ways to respond. It is based around ideas presented in various workshops by Tony Attwood and further information about developing awareness and management of feelings can be found in his numerous publications and on his website <http://www.tonyattwood.com.au/>*

The book provides printable pages which can be used in any order and adjusted to the needs of different children. The pages can be completed using writing, drawing, photos or symbols depending of the child's language and literacy levels. Pages of words and symbols are included at the end which can be used as needed.

It is usually recommended that children begin by talking about their own emotions and how to recognise them, then later moving onto the emotions of others, such as parents, teachers, siblings and friends. The pages include "my feelings" type pages and pages that can be used to discuss other people in the child's life.



It is usually best to start with "happy" as some of the "things that make me happy" can be used later as strategies to "fix" the other negative emotions. Next you can move through sad and angry feelings. You may then go onto some of the more subtle emotions from the lists with older children.

The thermometer pages are designed to help children understand the degree of emotion, such as "a little bit happy/angry" to "very, very happy/angry". Children can then learn that different strategies are needed to "fix" different levels of feelings. It can also be used to help children learn to recognise early more subtle emotions and to use an appropriate strategy before things escalate to higher levels.

The child may begin completing the book with an adult such as a parent, therapist, teacher or SSO. It is ideal if one emotion is done in a session and then the child uses the book at home or school for a week or so, thinking about the target emotion, looking for the emotion in real situations, both in themselves and in others. They can record what they see in the book and discuss it before moving onto another feeling. This will help the child transfer skills learned into real situations.

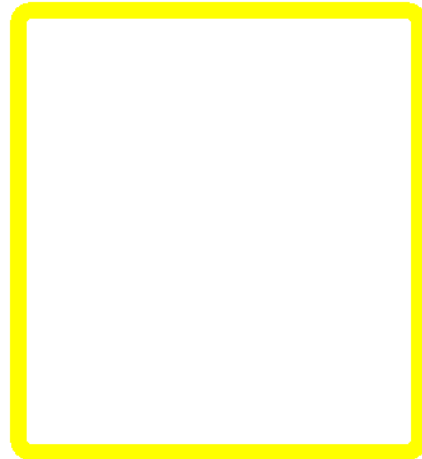


# My feeling book

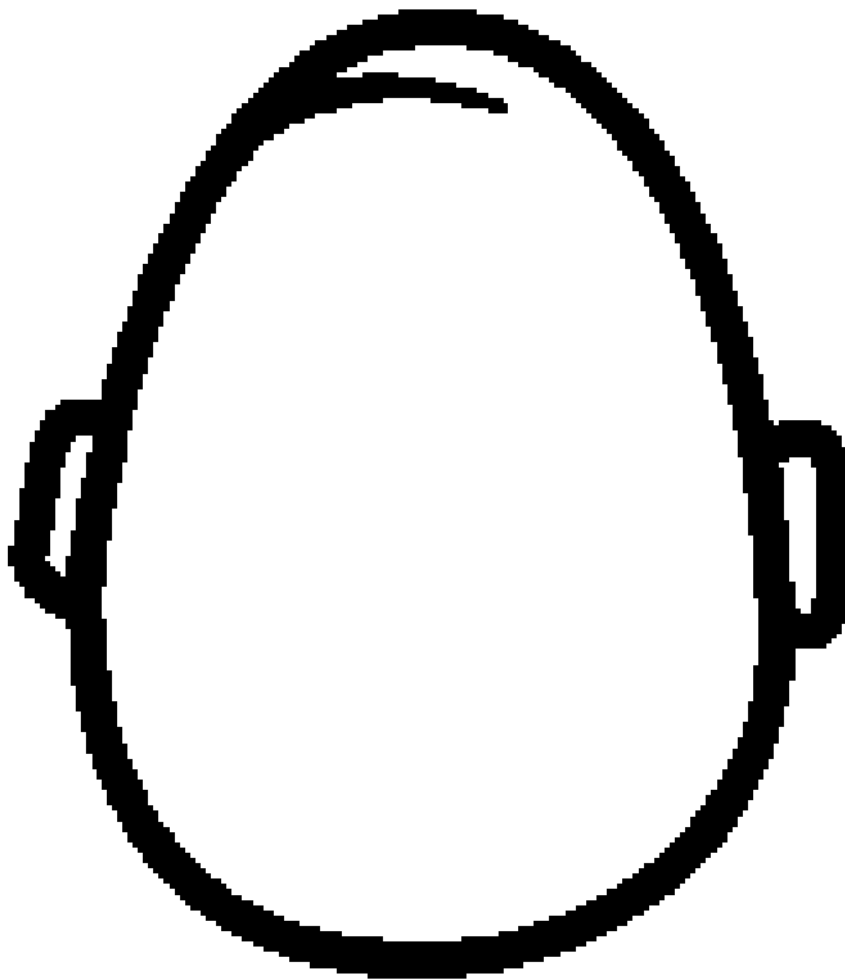
Talking Matters



When I feel



my face looks

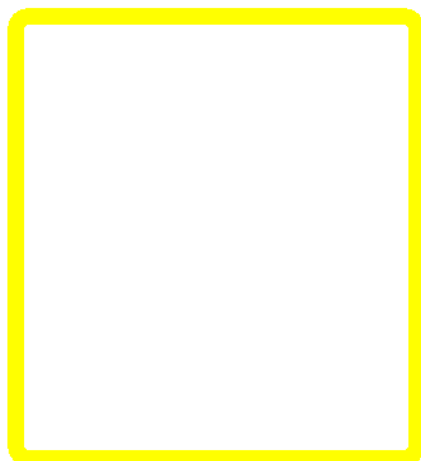


# My feeling book

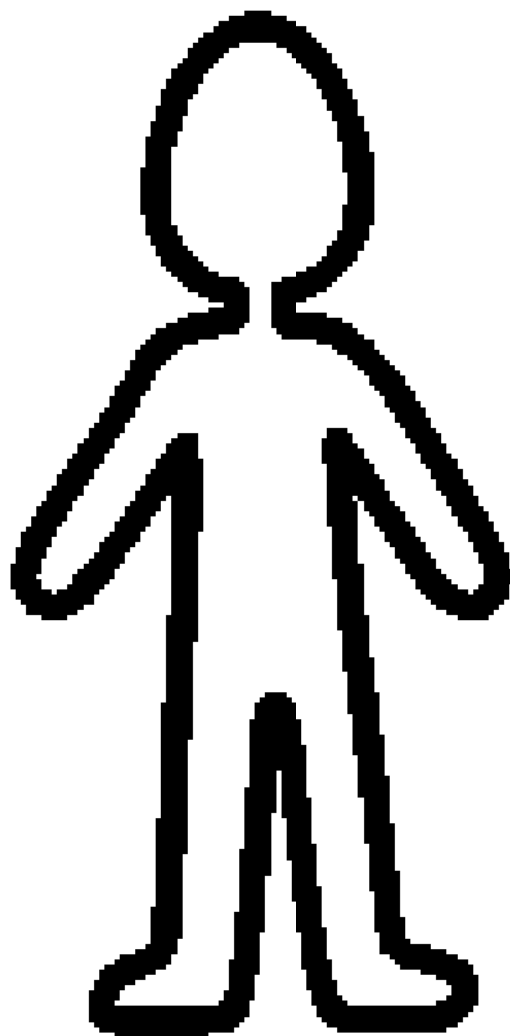
Talking Matters



When I feel



my body feels

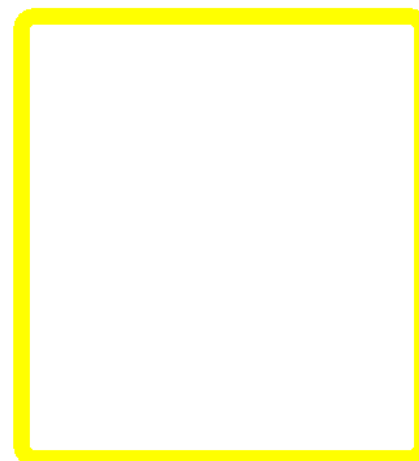


# My feeling book

Talking Matters



Things that make me feel

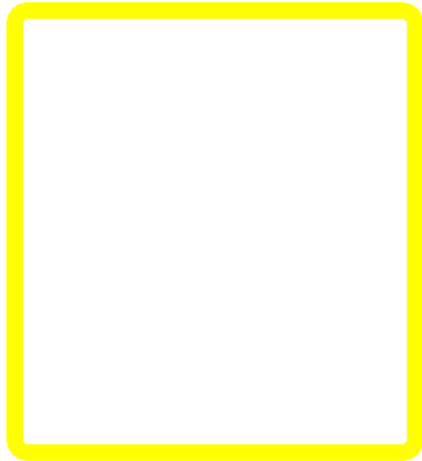


# My feeling book

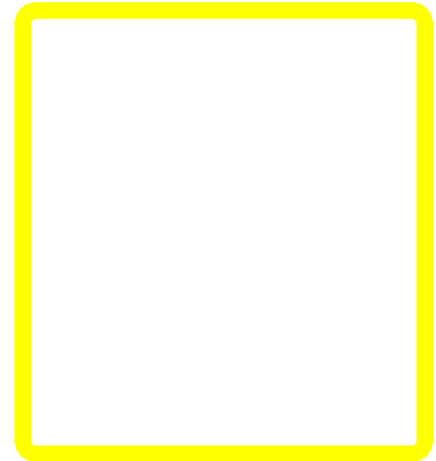
Talking Matters



Feeling

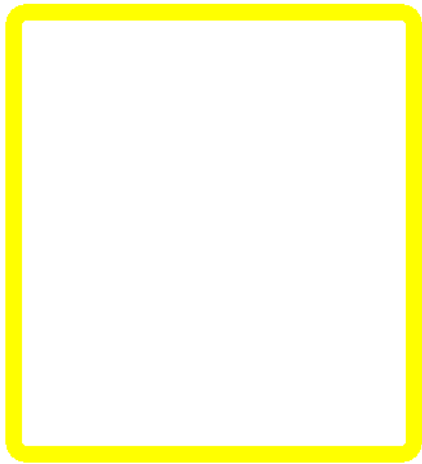


What makes me feel that?

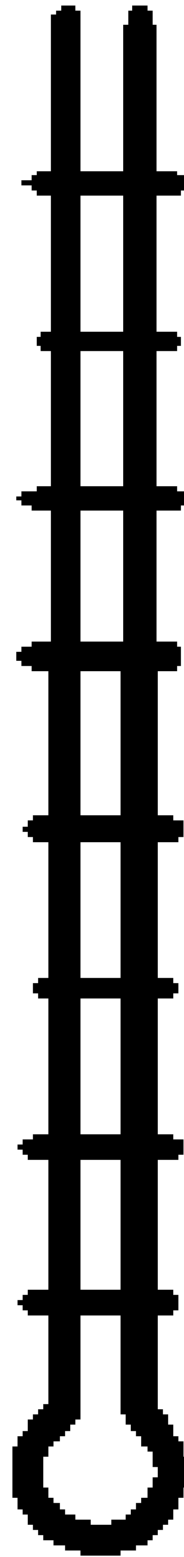
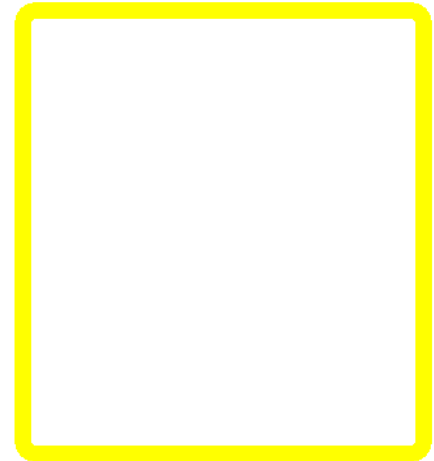




Feeling



How can I fix the feeling?



# My feeling book

Talking Matters



Things that  
make

A large, empty rectangular box with a thick yellow border, intended for a child to draw or write about things that make them feel a certain way.

feel

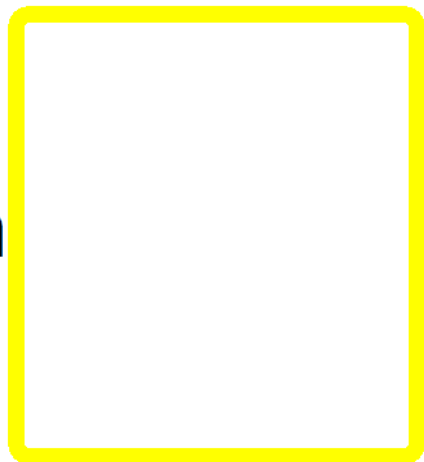
A second large, empty rectangular box with a thick yellow border, identical to the first one, for drawing or writing.

# My feeling book

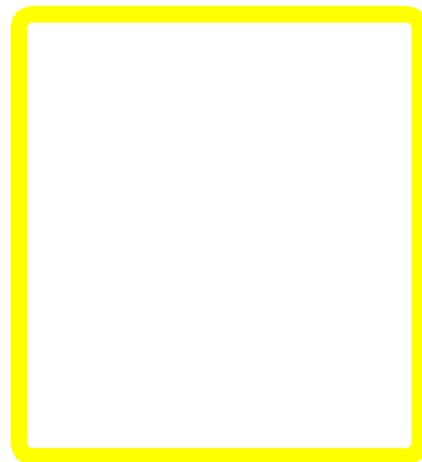
Talking Matters



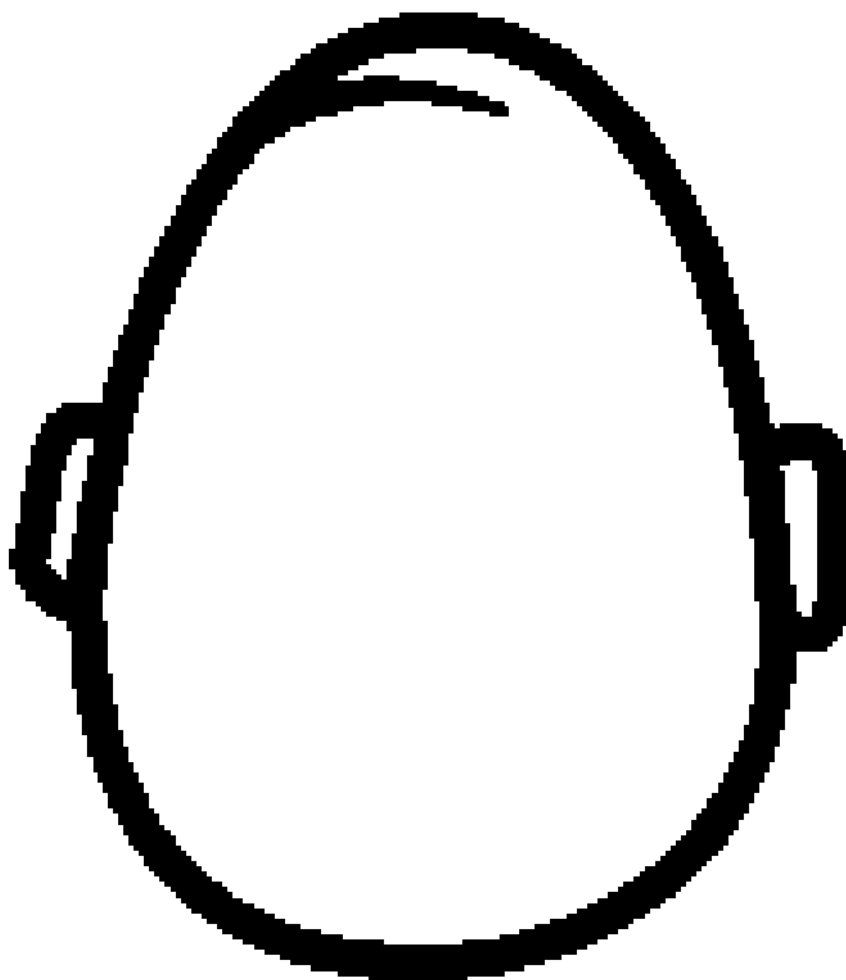
When



feels



their face looks



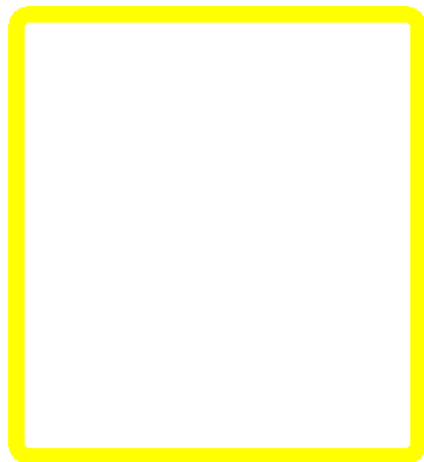


# My feeling book

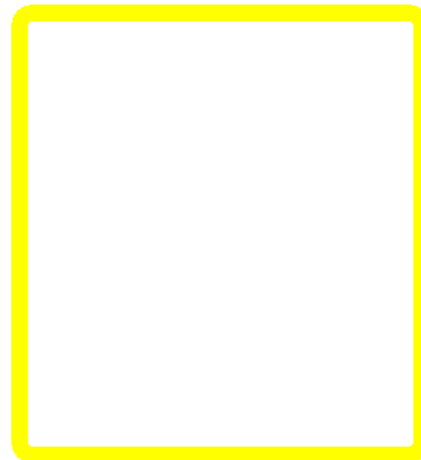
Talking Matters



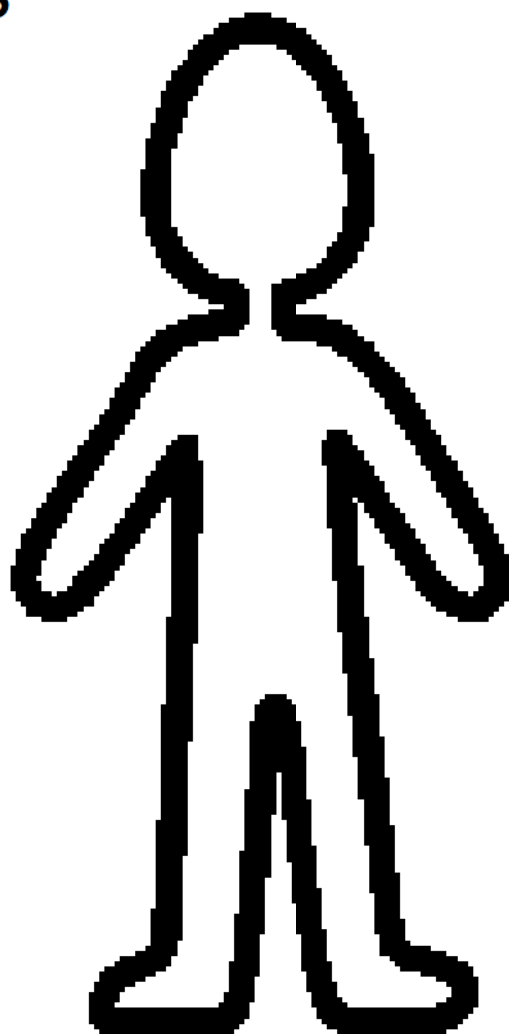
When



feels



their body is

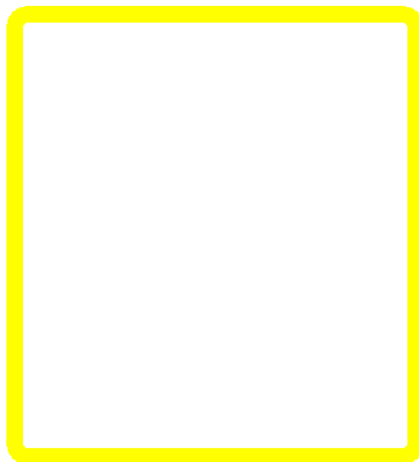


# My feeling book

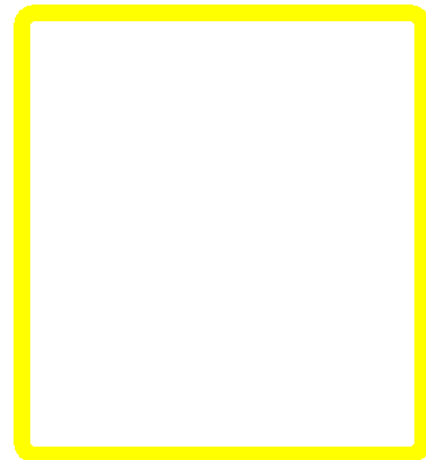
Talking Matters



Things  
that make



feel

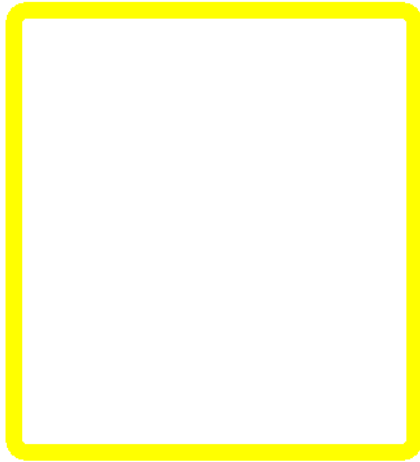


# My feeling book

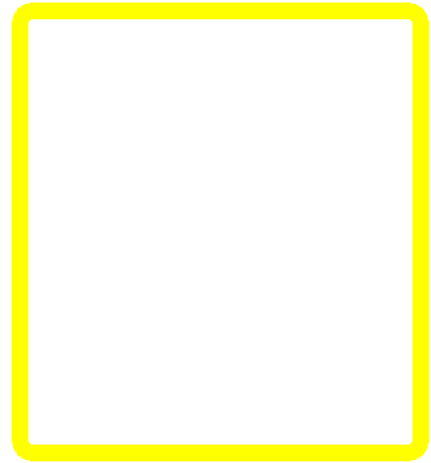
Talking Matters



When



feels



I can

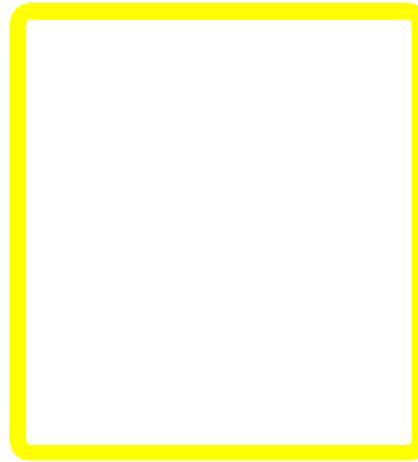


## Bag of tricks to fix feelings

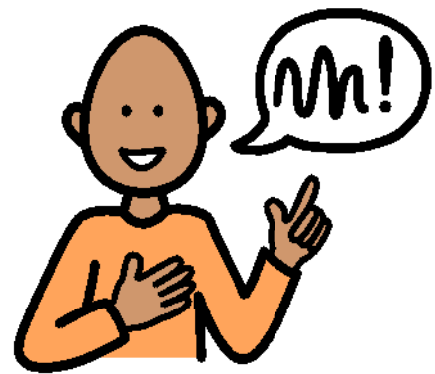


# My feeling book

Talking Matters

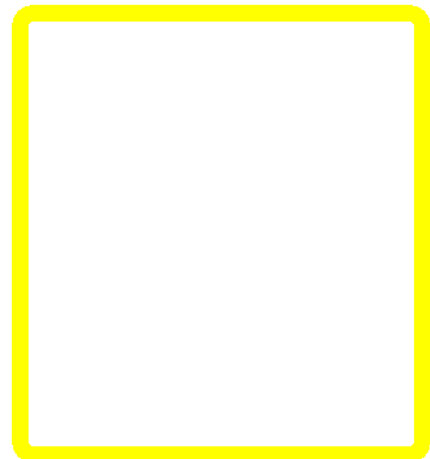
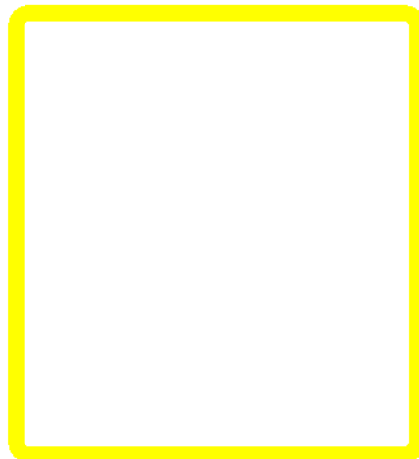


When I feel



I can fix the feeling

by



Then I will be okay



# My feeling book

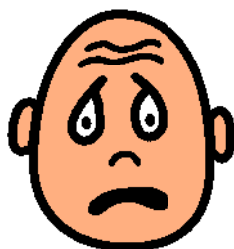
Talking Matters



sad



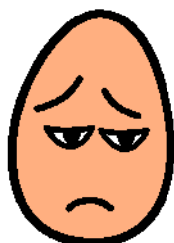
afraid



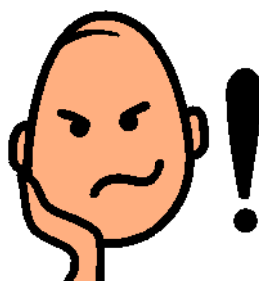
embarrassed



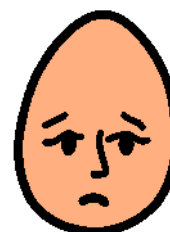
disappointed



angry



hurt



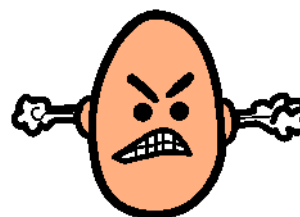
terrified



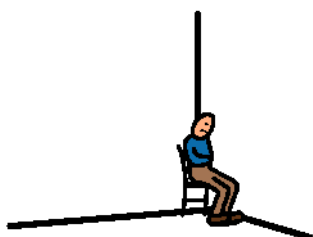
worried



mad



lonely



naughty



# My feeling book

Talking Matters



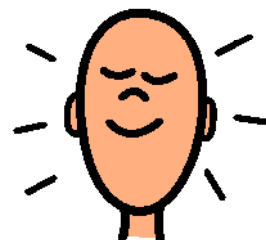
happy



excited



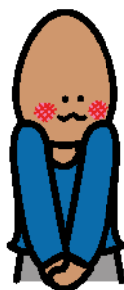
proud



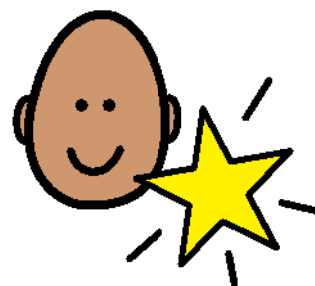
curious



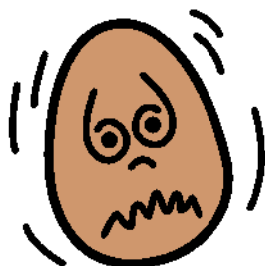
shy



special



confused

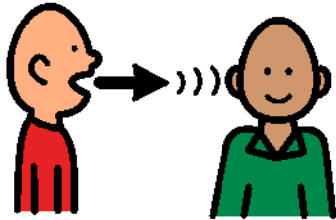


# My feeling book- things to do

Talking Matters



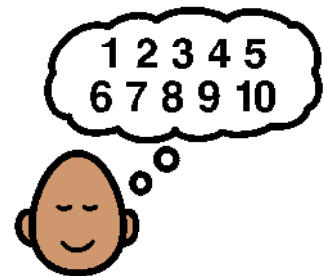
talk to someone



read a book



count to ten



play with favourite toy



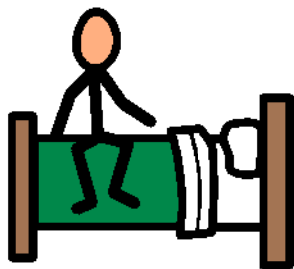
sit and think



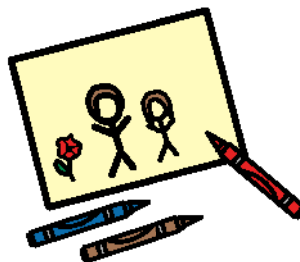
look at nice things



go to my room



draw or write



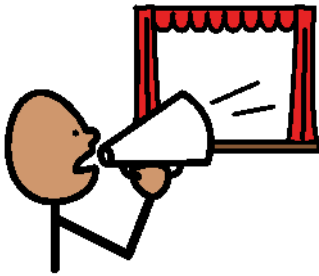


# My feeling book

Talking Matters



loud noises



bumping



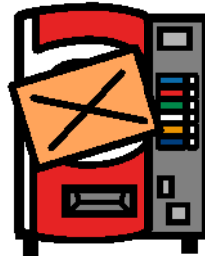
someone mean



doing work



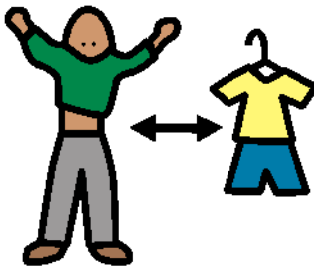
things getting broken



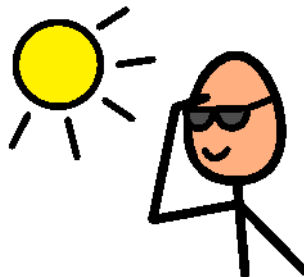
playtime ends



changes



bright lights



being left out



waiting



can't have



hug

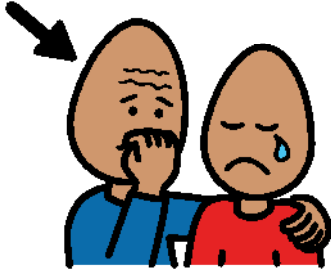


# My feeling book

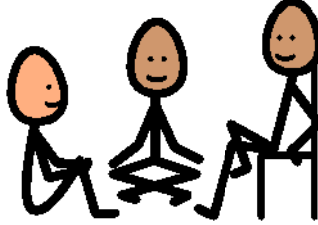
Talking Matters



say sorry



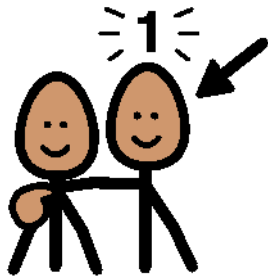
stay with them



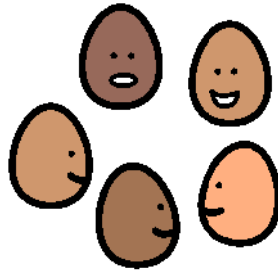
be kind



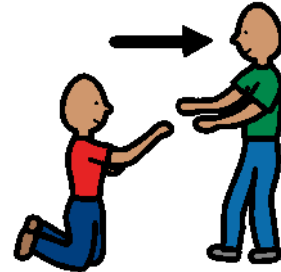
give a hug



ask "are you okay?"



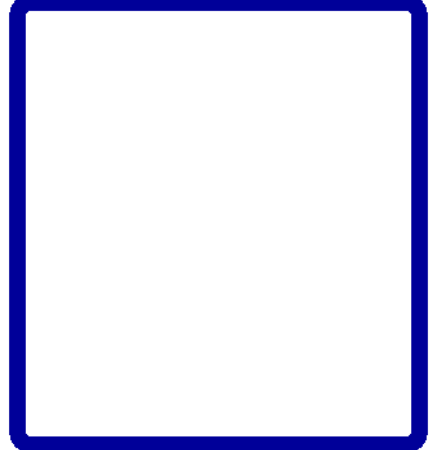
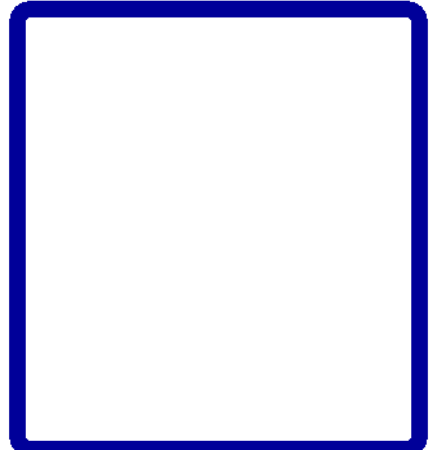
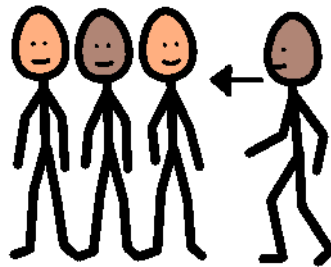
be a helper



talk nicely



ask to play



# My feeling book

Talking Matters