

Feel your feelings

30 mins

KS 2

Some children express their feelings in words, others like colouring, drawing or music. This activity allows children to use different textures to represent different emotions.

What you will need

A5 Card

Crayons, pens or pencils

Glue or tape

Scissors

Lollipop sticks

Arts and craft materials with different textures

Method

- Put different materials in the middle of the table
- Allow the children to pick them up, discuss how they feel and with which emotions they might be associated e.g. roughness might represent anger.
- Each child chooses a material and cuts and sticks a piece of the material onto the centre of a sheet of card, to represent the trunk/body of a person.
- Next they can add a face and limbs to their chosen body.
- Cut roughly around the person and stick a lollipop stick on the back making it into a puppet.
- Now they can use their textured people to create a play, story or to talk about what it's like to feel that emotion.
- You can also explore different magnitudes of an emotion e.g. if you feel a little bit happy then maybe the happy texture puppet is on the floor or if you feel a bit happier then maybe the puppet is on the chair/table.

