

A WORKBOOK TO EXPLORE TOGETHER

My feelings & support

For children, with a trusted adult. A gentle space to notice, communicate and find what helps.



All feelings belong.

You do not have to feel happy or calm all the time. Your feelings can tell you something about your experiences and what you need.

This workbook belongs to:

Someone I can explore it with:

Point. Talk. Draw. Write. Take a break.

Choose the pages that suit you. You can skip anything you do not want to share.

FOR PARENTS AND SUPPORTING ADULTS

Start with connection

Use these pages when the child is comfortable enough to explore. Try one short activity at a time.

Offer choices

Read aloud, scribe their words, or invite drawing and pointing. Do not insist on eye contact, spoken answers or neat writing.

Be curious, not corrective

Ask “What is it like for you?” Accept “I don’t know”. Avoid telling a child what they must be feeling based on their expression or behaviour.

Help with the situation

Consider noise, light, task demands, uncertainty, hunger, discomfort and access to breaks. Support may mean changing the environment or the task.

Stay alongside them

If feelings become overwhelming, pause the activity. Offer a familiar adult, fewer words, space or company according to their preferences.

Use it collaboratively

This is not a behaviour scorecard. Do not reward a particular feeling or require the child to look calm. Agree what may be shared and with whom.



An educational resource, not an assessment or treatment. If difficulties persist or affect daily life, seek advice from an appropriate professional.

01 / NOTICE

How am I feeling?

Choose any words that fit. You can feel more than one thing at once, or use your own word.

Happy

Worried

Excited

Sad

Frustrated

Proud

Lonely

Content

Disappointed

Unsure

Curious

Overwhelmed

My own word, drawing or symbol:

How much space does this feeling take up for me?

A little / some / a lot / it changes / I am not sure. You can circle or draw.

I can say "I don't know yet". I can come back to this later.

02 / LISTEN

What is my body telling me?

Bodies give different clues. You might notice some, none, or something that is hard to describe.

Some possibilities: tight shoulders, a fluttery tummy, warm cheeks, a fast heartbeat, heavy eyes, restless feet or relaxed hands.

Draw or write any clues you notice:

What else might my body need?

Food / water / rest / movement / the toilet / less noise / comfort / something else

A body clue does not prove which feeling you have. You are the expert on what it feels like for you.

03 / UNDERSTAND

What is happening around me?

Think about one moment. You can do this later, with someone you trust.

What was happening?

Where was I? What was I doing? Who was nearby?

What felt difficult, surprising or important?

Perhaps a change, a tricky task, a disagreement, noise or something exciting.

What did I need from the situation or people around me?

More time / clearer words / a quieter place / help / company / a choice / something else

We can change things around you, too. You do not have to solve every difficulty on your own.

04 / CHOOSE

What could help me?

Choose one or two ideas to explore with an adult. Something that helps one person may not help another.

Connection

Sit with someone I trust. Ask them to listen or help me explain.

Space

Try a quieter spot or reduce light and noise, if that feels helpful.

Movement

Stretch, walk or move in a way that feels comfortable and safe.

Comfort

Hold a familiar object, have some water or rest for a moment.

Clarity

Ask for one step at a time, a demonstration or extra thinking time.



My choice to try, and how an adult can help:

I can stop or change an idea if it feels uncomfortable. The aim is to support me, not hide my feelings.

05 / COMMUNICATE

How I can ask for help

Point to a phrase, say it, write it, or agree a signal with someone you trust.

"Please stay with me."

"I need a break."

"Can you show me the first step?"

"There is too much noise."

"I cannot explain yet."

"Please give me time."

My own words or signal for asking for help:

People I can ask, and where I can find them:

If the first person cannot help, I can ask another trusted adult. Adults can help me find the right support.

06 / SHARE

My support plan

Complete this together. Share only what you agree is useful, and keep it somewhere you can find it.

Things I would like adults to notice:

What I would like an adult to say or do:

Things that do not help me:

One thing we will try, and who will help:

When we will check in, and what we will ask:

Did it help? What should we change? It is okay if we need a different idea.

My feelings matter. My needs matter. I can ask for support.