



First aid

Colour my mood

Stage

1

30 mins



Skills builder



Aim of activity

What makes you happy? What makes you sad? Explore your feelings.

What you'll get out of it

- Understand your emotions.
- Be creative.

What you'll need

- Large sheets of paper
- Pens
- Colouring pencils



WE DISCOVER, WE GROW

Girlguiding



First aid

What to do

1 As a group, chat about what makes you happy. Could it be playing your favourite sport, or eating your favourite food?

2 Happiness is only one feeling. What others can you think of? All together, make a list.

Top tip

Some examples of feelings:

- Happy
- Sad
- Confused
- Excited
- Scared
- Shy
- Confident
- Nervous

3 You need to split the feelings into two groups. One end of the space is good feelings and the other is bad feelings. Your leader is going to read from your feelings list. You need to think if it's a good or bad feeling and move to the right end of the space.

4 Once you've sorted all your feelings, get into small groups and grab some paper and pens.

5 On one piece of paper, write or draw all the good feelings around the outside. In the middle, draw a person who is feeling all those things – how would they look? Colour them in. Which colours show their feelings?

6 Flip your paper over. Around the edge, write or draw all the bad feelings. Draw a person feeling those emotions and colour them in, making sure the colours show how they're feeling.

7 Look at your people. Chat about who they might share their feelings with. Who would you talk to if you were upset or crying?

8 Everyone grab a new piece of paper and draw how you feel right now. What colours are you today? Can your feelings change the way you look? Are you feeling a mixture of good and bad feelings?

Top tip

It's ok to feel bad things sometimes, but you should tell someone you trust. This could be your parents or a teacher. If you see that your friend is feeling sad all the time, you should tell a trusted adult so that they can help them.