

# Dots with Feelings



Did you know that some dots have feelings? We took photos of some to show you, and those dots agreed to be a part of our 'How are you feeling?' poster. You can tell they have different feelings by their different facial expressions and colours.

## 'How Are You Feeling? Poster'- Questions for Younger Children



- What feelings do you know on the 'How are you feeling?' poster?
- Are there feelings on the poster that you have felt today or yesterday or last week?
- What would be the closest feeling dot/s to the feeling or feelings you have right now?
- If your feelings had colours what would they be?



Here are some picture books about feelings and colours that could accompany the introduction of the 'How are you feeling?' poster for young children:

My Many Coloured Days by Dr. Seuss

<https://www.youtube.com/watch?v=Lum83DLPXIw>

The Color Monster by Anna LLenas

<https://www.youtube.com/watch?v=PWujtPb6mgo>



## 'How Are You Feeling? Poster'- Questions for Older Children and Young People

- Feelings flow through us all the time. They provide colour to the way we experience the world. What are the colours of your life right now? How have the colours in your life changed over time?
- What would be the closest feeling dot/s to the feeling or feelings inside you right now?
- Feeling dots can't lie about their feelings, they radiate colour and feeling. We can hide our feelings. We can feel something inside and try to mask it on the outside. Have you ever needed to do that? Everyone has done that at some point. What would it be like if everyone showed their feelings on the outside all the time?



# Some Dotty Activity Options to accompany the 'How are you feeling?' Poster

- Cut out some feeling dots from the poster and stick them on a page. What feeling dots will you choose to use? Do the dots have bodies you could draw them? Where might the dots be? How might the dots interact with each other on the page?
- Create feeling dot puppets by cutting out the dots and sticking them on craft paddle pop sticks. Tell a story with the feeling dots puppets.
- We could make our own feelings dots collection on a piece of paper. We could make the dots by cutting them out of paper or material? Or draw them? Or use finger paint or an ink pad to make dots with our fingertips? What colours might we choose to use? How might we draw facial expressions on our dots?
- Cut out the dots and lie them face down on the table. Take it in turns to flip over a dot. When you flip over a feeling dot see if you can remember a time when you felt that feeling and talk about it if you can.
- Print out the 'How are you feeling' poster and laminate it. Use a whiteboard marker to play dot to dot by drawing a line between 3 - 5 feeling dots on the laminated page. Then take it in turns to each tell a story involving each of the 3 - 5 feelings in order. This is a good example of how feelings are just visitors, they come and go.
- Sorting Activity (for older children and young people) - Cut out some or all of the dots and accompanying feeling descriptions. Use a big piece of paper and draw a horizontal line across the page. On one end of the line write 'easy feelings to be with', on the other end of the line write 'hardest feelings to be with'. Then invite the child/young person to sort the feeling dots across the line on the page from feelings that seem easiest to be with for them, to feelings that seem the hardest to be with for them.



# How are you feeling?



Confident



Hopeful



Jealous



Shy



Guilty



Overwhelmed



Disgusted



Scared



Worried



Proud



Angry



Excited



Curious



Grateful



Happy



Surprised



Sad



Bored



Lonely



Annoyed



Silly



Embarrassed



Disappointed



Unsure



Confused