

Talking Pictures Resources

How Are You Feeling?		
Purpose The child is asked to indicate how they feel using facial images. These can be colourful, visual tools, which enable the child to easily express how they feel.	Talking Pictures A faces feeling scale	Age range Reception onwards
Resources Chart / visuals personalised to the child's interests, to include a scale of emotions. Be creative, use play d'oh, paper plates with faces on, photographs or make face biscuits.		
Instructions for use: This resource can be used by the pupil throughout the day as a way of 'checking in' during different lessons, break times or lunchtimes. It is also particularly useful to use at periods of transition within the school year. To support the child with using this approach effectively you may wish to increase their levels of engagement as the scale can be designed and created with the child. You may wish to base it on their interests for example the visual stimulus could be related to Lego faces, emojis, dinosaurs, or even different species of reptiles. Within different points in the day, using the visual stimulus, ask the child to indicate how they are feeling. The child can simply point to the facial expression without using words. If the child is happy to hold a dialogue, ask the child why they are feeling that way, and what can be done to help the child move to a happier level. Using this resource may enable you to identify times within the day that cause stress, anxiety, or heightened states of dysregulation. Changes or adaptations to the provision in place can then be made accordingly as part of a graduated response.		
Example:		
<div> </div>		