

My Thoughts / Feelings		
Purpose This tool gives the child the opportunity to discuss their thoughts and feelings with you in a simple worksheet format	Listen to Me Template format to prompt discussion.	Age range Year 2 onwards
Resources Templates, post its, cloud planners		
Instructions for use: The questions or sentence starters being used need to be carefully thought about before being presented to the child and can be adapted to the context of the situation, setting or individual's needs. It is important that the discussion takes place with a trusted adult and within an environment that the child feels safe and secure in. Sit with the child and use the template as a prompt to hold a discussion. Explain to the child that it is important adults find out their thoughts and feelings so they can identify the best ways to support them. Allow younger children to draw emoji's or images in the spaces or make the faces to show feelings out of playdough and take photographs. Role play could also be used as a creative way to gain information about the situation children are in when they express these emotions. You may wish to complete the activity in stages so that the child has time to think about their answers and not rush through it. The information gathered can be used alongside the review process of the graduated approach and shared with parents/carers or outside agencies to make informed decisions regarding individual outcomes or provision in place to support the child.		
Example:		
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;"><u>Thoughts template</u></p> <p>What is going well at school?</p> <hr/><hr/><hr/><hr/> <p>What is not going well at school?</p> <hr/><hr/><hr/><hr/> <p>What would be useful to have at school that you don't have now?</p> <hr/><hr/><hr/><hr/> <p>What goals do you have for the future?</p> <hr/><hr/><hr/><hr/> </div> <div style="width: 45%;"> <p style="text-align: center;">HOW I SHOW MY FEELINGS...</p> <div style="display: grid; grid-template-columns: 1fr 1fr; gap: 10px;"> <div> <p>When I feel happy I...</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> </div> <div> <p>When I feel sad I...</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> </div> <div> <p>When I feel angry I...</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> </div> <div> <p>When I feel worried I...</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> </div> </div> </div> </div>		