



## **How does Simon feel?**

Audience:

- Individuals or groups.

Goals:

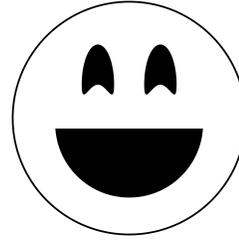
- Help children connect emotions to experiences.
- Improve ability to identify and recognize a range of feelings and their triggers.
- Support the development of empathy.

Instructions:

1. Advise the child they are going to engage in an activity related to feelings.
2. Provide the child with the “feelings” cards. Have them draw the “Scenario” cards one by one, then match it to the “feeling” card they think would be connected to it.



**Angry**



**Excited**



**Tired**



**Confused**



**Sad**



**Happy**



**Hurt**

Simon did not sleep well last night.  
How do you think he felt today?

Simon got a new scooter for his  
birthday. How do you think he felt?

Simon's sister broke his favourite toy.  
How do you think he felt?

Simon tripped on a rock and fell. How do you think he felt?

Simon's friend called him a name that was not nice. How do you think he felt?

Simon's mother took away his favourite toy. How do you think he felt?