COLOURING BOOK · FILODIE

My Inner Weather

Recognizing and naming my feelings



My name: _____

Date: _____

Six colouring pages to share with an adult. Each page has a short question to talk about together.

My feelings

I colour each face. Under each one, I write about a time I felt this way.



Joy

When I feel it: _____



Sadness

When I feel it: _____



Anger

When I feel it: _____



Fear

When I feel it: _____



Worry

When I feel it: _____



Calm

When I feel it: _____

TIP FOR THE ADULT

Putting a feeling into words already helps calm it (Torre and Lieberman, 2018). Welcome every feeling: none is forbidden; what we learn is to choose our actions.

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Where I feel it in my body

I think of a strong feeling. I colour the places in my body where I feel it: head, tummy, hands, heart...



I feel my emotion...

TIP FOR THE ADULT

Feelings leave traces in the body (Nummenmaa et al., 2018). Noticing them early makes it possible to use a strategy before the feeling overflows.

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My feelings thermometer

I colour the thermometer up to the level I am at right now.

5		**It’s too much, I need help.**
4		**It’s strong.**
3		**It’s starting to build.**
2		**I’m okay.**
1		**I am calm.**

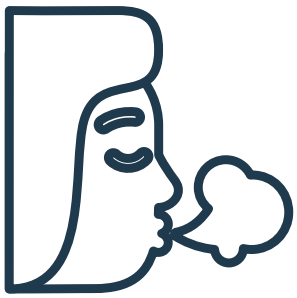
TIP FOR THE ADULT

A 1-to-5 scale gives the child and the adult a shared language. Agree together on what to do at each level, then post it.

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What helps me

I colour what helps me when a feeling is too strong. I check my favourites.



Breathe slowly

☐



Drink water

☐



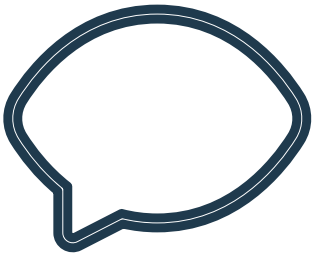
Hug my stuffie

☐



Listen to music

☐



Talk to an adult

☐



Move my body

☐

TIP FOR THE ADULT

Practise strategies when things are going well: they will be easier to use in a hard moment (McRae and Gross, 2020).

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WELL DONE!

I can name my feelings!



This certificate is presented to

_____

for exploring their inner weather and finding what helps.

Date: _____ **Signed:** _____

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