

Happy & Sad

We feel this activity is best done 1:1 with a child. It clearly gives the child the message from the adult; 'I am interested in you'. There is no right or wrong to what the child chooses to share, but their contributions are your gateway to further discussion.

Both you and the child need a Happy & Sad Faces sheet folded in half because you are going to complete the activity alongside the child. This can remove the feeling of being 'watched'.

Allow the child to choose which face they start with.

Ask the child to draw the Happy/Sad face (eyes, nose, mouth. This simple act will show you their understanding of the emotion.

Now you and the child will write around the face what makes them feel Happy/Sad. Do one face at a time, don't hop between the two.

Example prompt questions:

What makes you feel sad?

What part of your caring role do you feel sad about?

Normalise the activity by sharing some thoughts you have put around your face

Now start to bring your curiosity and interest into the activity:

What do you do when you feel like this?

Tell me more about...

I am interested to hear more about ...

Can you share with me when this happened? What did you do ?

Spending time with your family makes you happy. Can you tell me more about this?

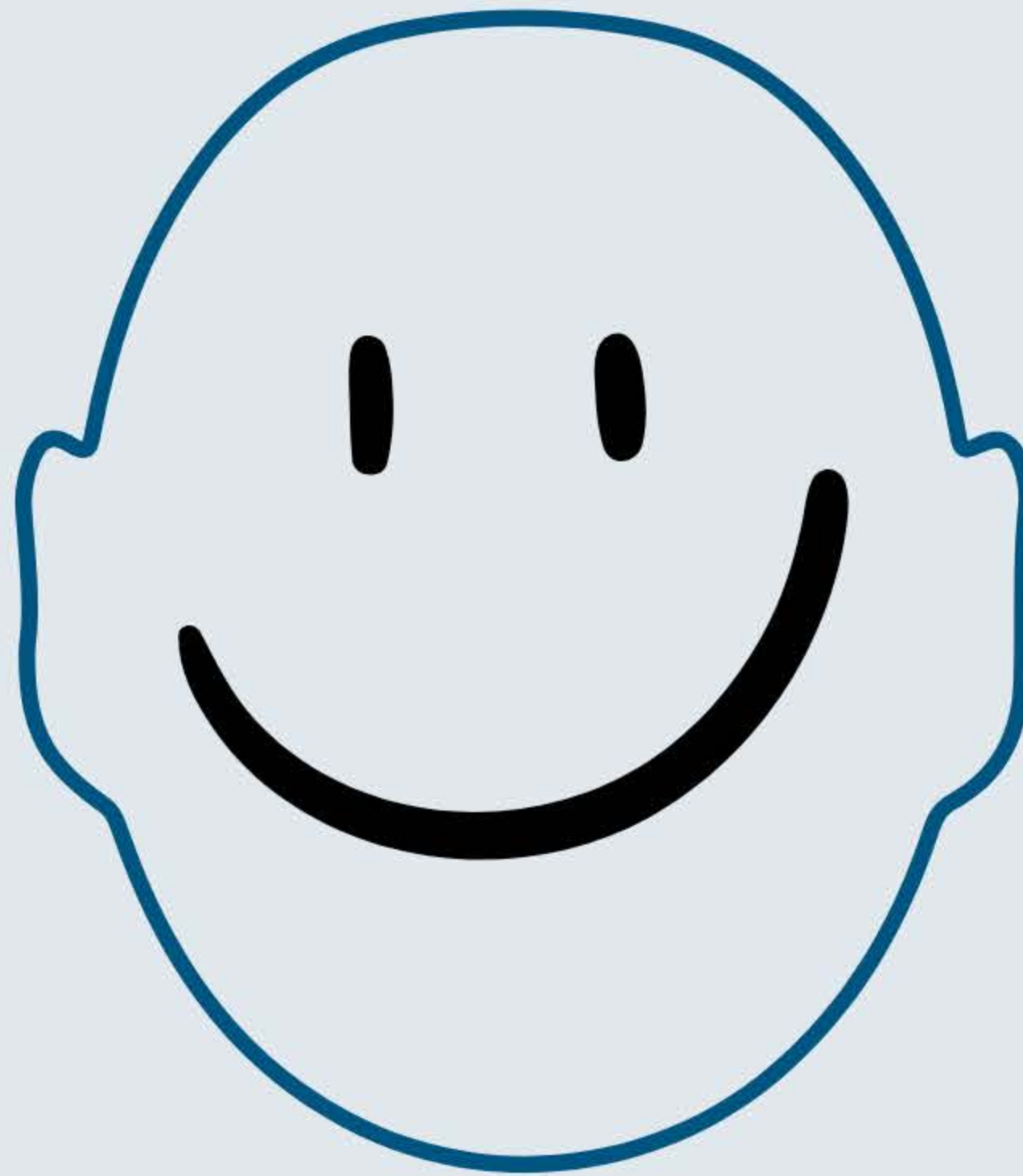
Only move onto the second face when the child is ready. Repeat the activity.

Summarise.

Look at all the things that make you feel happy or sad. Can you use some of the happy things to help when you do feel sad?

Encourage the child to keep the face sheets so they can share with trusted adults and refer to the sheets when needed or add to as new happy/sad feelings arise.

Happy



Going for a walk

Being with my sister

Playing games

Sad

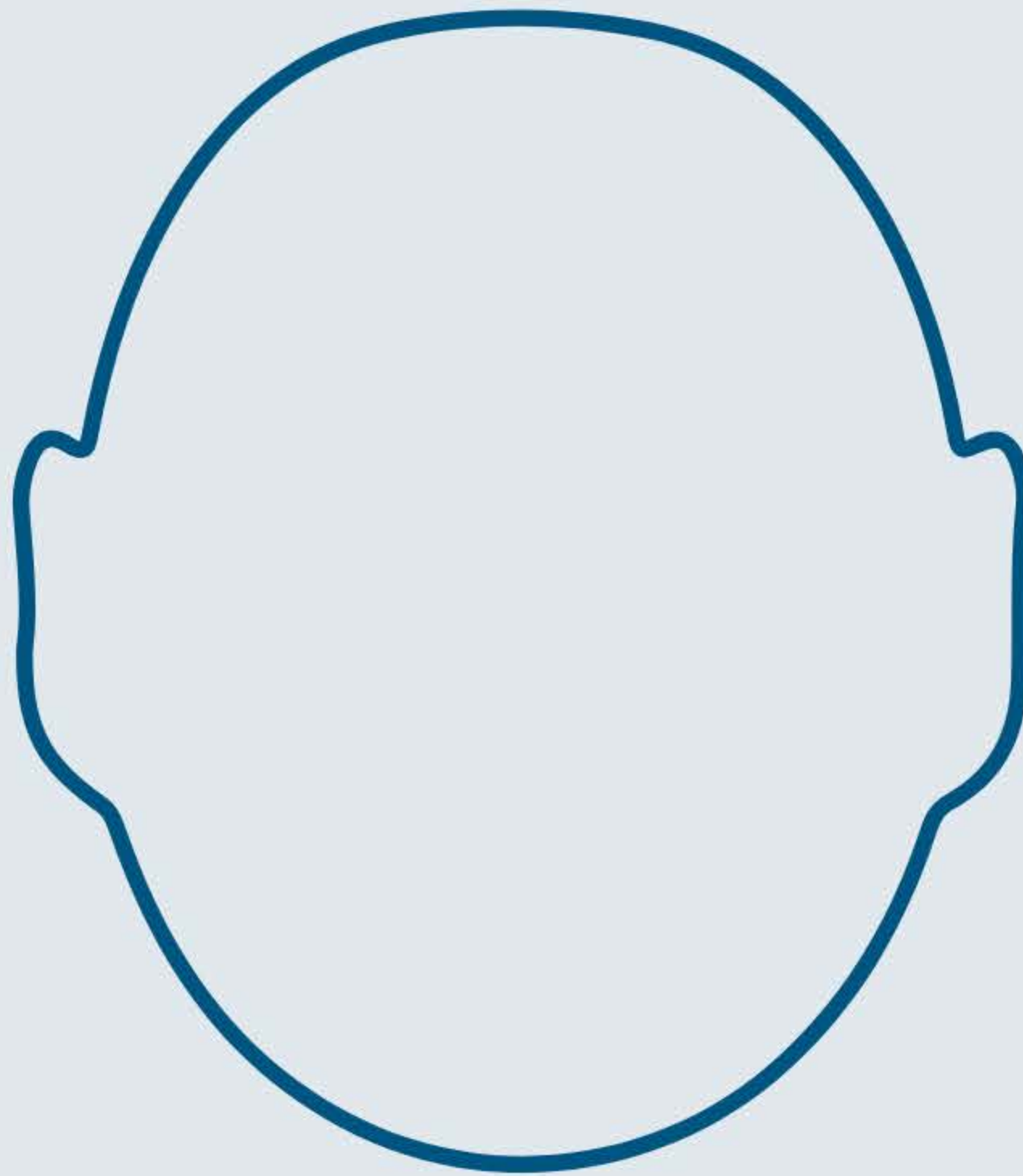
When dad is not well

Getting hurt

No one to play with



Happy



Sad

