

PROMPT SHEET

X-RAY OF Feelings

These prompt sheets aim to guide you through discussions with your child when using the x-ray of feelings pictures. They offer ideas of what to say and activities to do during and after looking at the picture. The words are designed to help your child think about, express and process their feelings in relation to the different scenarios. Remember, not all children experience emotions in the same way and children may have different levels of resilience for different events.

Children often cannot speak clearly using the language of emotions to express what they are feeling but they can show, draw or enact and play out those feelings. Therefore, you can be creative and offer imaginative and playful ways of helping your child to express their feelings using the pictures as a starting point.

Bear in mind children may not respond if we bombard them with too many questions. Consider your child's age, how open they are to discussing the scenario presented and prompt them based on what you feel would be right for them. You may want to use the picture and activity ideas over several days rather than all in one sitting.

For all the scenarios, it is usual for children to have mixed feelings. Each situation presents a move from the familiar to the unknown. You might worry about how your child is going to cope and if they have the skills to manage the change. Help your child by encouraging them to talk when they want to. Be sure to follow their lead.

The following discussion format can be applied for all the scenarios the x-ray pictures cover. The recommended approach to using these materials is:

- *Download and look at the x-ray of feelings picture*
- *Complete some/all of the activities appropriate for the age of your child*
- *Use the script below to have a summary discussion related to the scenario you've been looking at.*

SUMMARY DISCUSSION:

1. Label the emotion.

Help your child find the words to label how they are feeling in relation to the presented scenario. If they are struggling to come up with the words, prompt them by giving them examples to choose from. Ask them to point to the part of the picture where they feel that emotion (eg, head, tummy, heart etc...)

2. Help your child to accept that emotion.

Tell your child you accept how they are feeling and that it is ok to feel the way that they do.

3. Create empathy with your child.

Empathise with your child. This is really important for building trust and connection. For example, "You've told me you are feeling worried. I think I feel worried and anxious too because things are about to change. But it's ok to feel anxious."

4. Problem solve.

Help your child to problem solve what they can do to help them manage their feelings. Who can they talk to, what objects are important to them, which friends do they trust to share their thoughts with?

MAKING A NEW FRIEND

MAYBE THEY WILL
LIKE DINOSAURS &
UNICORNS &
SHARKS & BIRDS?

LUNGS
FEEL ALL
WOBBLY

HEART
FEELS LOUD

BRAIN (LOTS OF
QUESTIONS)

MAYBE WE'LL HAVE
NEW ADVENTURES?

MAYBE I CAN
TELL THEM
ABOUT MY
FAVOURITE
GAME?

WHAT IF MY WORDS
COME OUT SQUEAKY?!

SPECIAL
BRACELET

TEDDY (STAYING IN
THE BAG AS
SHE FEELS SHY)

SPARE
HAIR BOW

STOMACH
FEELS LIKE A
STORMY SEA

GUT FEELS
ALL MIXED UP

(MONEY FOR
AN ICE-CREAM)

COOL NEW SHOES
TO TALK ABOUT

X-RAY OF FEELINGS

MAKING NEW FRIENDS



X-RAY OF Feelings

Suggested age – 5-11 years old

Ask your child to draw a picture or use models/Lego/puppets to act out their current favourite game they play with their friends. Celebrate this – pick out what your child is really good at in that game.

Think with your child about when they have made friends before.

WHAT ARE THE GOOD THINGS ABOUT MAKING NEW FRIENDS?

- _____
- _____
- _____
- _____

WHAT ARE THE HARD THINGS ABOUT MAKING NEW FRIENDS?

- _____
- _____
- _____
- _____

Help your child to fill in the postcard to a new friend. Encourage them to tell the new friend what they want them to know about them. Remember to tell the new friend about how they are feeling about meeting them.

The girl in the picture is excited about starting new adventures. Get your child to think about what adventures they would like to have with a new friend?

MAKING NEW FRIENDS

X-RAY OF Feelings

Suggested age – 12-15 years old

Ask your child to think about how they have made friends before. Encourage them to write a short blog article on what is difficult about starting over with new friends and include three tips for someone making their first move.

These are some of the feelings your child may experience when thinking about or making new friends.

Ask them to complete the feelings word search.

Get your child to think about which words would describe how they feel about making new friends.

Making new friends

I	N	S	P	I	R	E	D	U	O	R	P	S	F
T	B	T	I	I	N	S	D	P	A	N	I	C	O
T	A	A	R	E	F	L	E	C	T	I	V	E	R
E	S	D	E	T	C	I	L	F	N	O	C	U	T
P	H	V	I	P	O	W	E	R	L	E	S	S	U
L	F	E	L	B	A	P	A	C	A	R	L	A	N
A	U	N	M	D	E	T	I	B	I	H	N	I	A
Y	L	T	I	R	E	C	E	P	T	I	V	E	T
F	O	U	V	A	L	I	A	N	T	E	U	E	E
U	S	R	P	L	A	C	I	T	P	E	K	S	Y
L	N	O	I	T	A	P	I	C	I	T	N	A	S
S	E	U	D	E	T	A	V	I	T	O	M	E	T
C	L	S	O	P	T	I	M	I	S	T	I	C	U
E	R	E	S	E	N	T	M	E	N	T	S	R	G

PANIC
VALIANT
PROUD
ADVENTUROUS
FORTUNATE
RESENTMENT
REFLECTIVE
ANTICIPATION
INHIBITED
BASHFUL
RECEPTIVE
PLAYFUL
MOTIVATED
CAPABLE
POWERLESS
OPTIMISTIC
CONFLICTED
INSPIRED
SKEPTICAL
GUTSY

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