



Exploring the Feelings Tree

Many of us find it hard to say what we're feeling. Sometimes it's easier to look at another person or creature and say whether we feel the same as they look.

- ✿ *Which bird looks happy?*
- ✿ *Which one looks sad?*
- ✿ *Which bird looks like it's struggling?*
- ✿ *Which one looks like you're feeling? Can you say why?*
- ✿ *Which bird would you not like to be?*
- ✿ *What do you think the three baby birds in the nest are feeling?*
- ✿ *Look at the bird lying on the ground. What do you think has happened?*
- ✿ *What do you think the bird with the flower is feeling?*
- ✿ *Look at the bird falling from the tree. What do you think it's feeling?*
- ✿ *Which bird would you like to have as a friend? Why?*
- ✿ *Which one would you try to stay away from?*
- ✿ *Which one looks kind?*
- ✿ *Which one looks unkind?*
- ✿ *Which ones look angry? Why do you think they might be angry?*
- ✿ *Which bird has the most friends? Why might that be?*
- ✿ *Which one looks lonely?*
- ✿ *If you were a bird, which one would you like to be?*
- ✿ *Choose some of the birds on the tree and make up a story about them – or write about all of them!*





The Feelings Tree

