

Make a 'feeling-clock' (for home, kindergarten or school)

If you don't want to talk about your feelings you can show your feelings on a clock to let others know how you feel.

This is how it works:

1. Draw a circle (or use the one below); cut it out and paste it on a strong piece of paper or card.
2. Cut out the pointer or arrow below and also paste it on a strong piece of paper.
3. In the middle of the circle make a hole and pin the blunt end of the pointer and the circle together where the hole is.
4. Instead of writing numbers on the circle write down all different feelings – for example happy, sad, confused, angry, frightened, embarrassed, relieved...
5. Now you can use the pointer to point to how you feel – you then don't need to talk!

