

## "My Feelings Basket"



To support emotional regulation, self-awareness, and expression of feelings in a safe and respectful way.

### Materials:

- A small basket or box
- Emotion cards (simple pictures or illustrations showing happy, sad, angry, calm, scared, excited, etc.)
- A small mirror (unbreakable if possible)
- A soft item for comfort (small stuffed animal, smooth stone, or fabric square)

### Presentation Steps:

1. Place the basket in a quiet area of the classroom, such as a calm corner.
2. Invite the child to sit with you and introduce the basket by saying:  
*"Sometimes we feel different things inside. This basket can help us show how*



*we feel and what we need."*

3. Take out one emotion card at a time, name the feeling, and make the matching expression with your face.
  - Example: *"This card shows 'happy.' My mouth smiles when I feel happy."*
4. Invite the child to look in the mirror and copy the expression if they wish.
5. Show the comfort item and explain:  
*"If you feel upset, you can hold this while you look at the cards."*
6. Encourage the child to choose a card when they are having a strong feeling and place it on top of the basket. This becomes their "signal" to the teacher or peers about how they are feeling.

#### Control of Error / Independence:

- The child can use the basket without teacher intervention.
- Emotion cards provide visual cues, making it easier for children who may struggle with words.
- The mirror helps them connect body awareness to emotions.

#### Why This Helps:

Children learn that emotions are natural and that there are safe, respectful ways to identify and share them. The activity promotes independence, self-awareness, and trust in the prepared environment.

