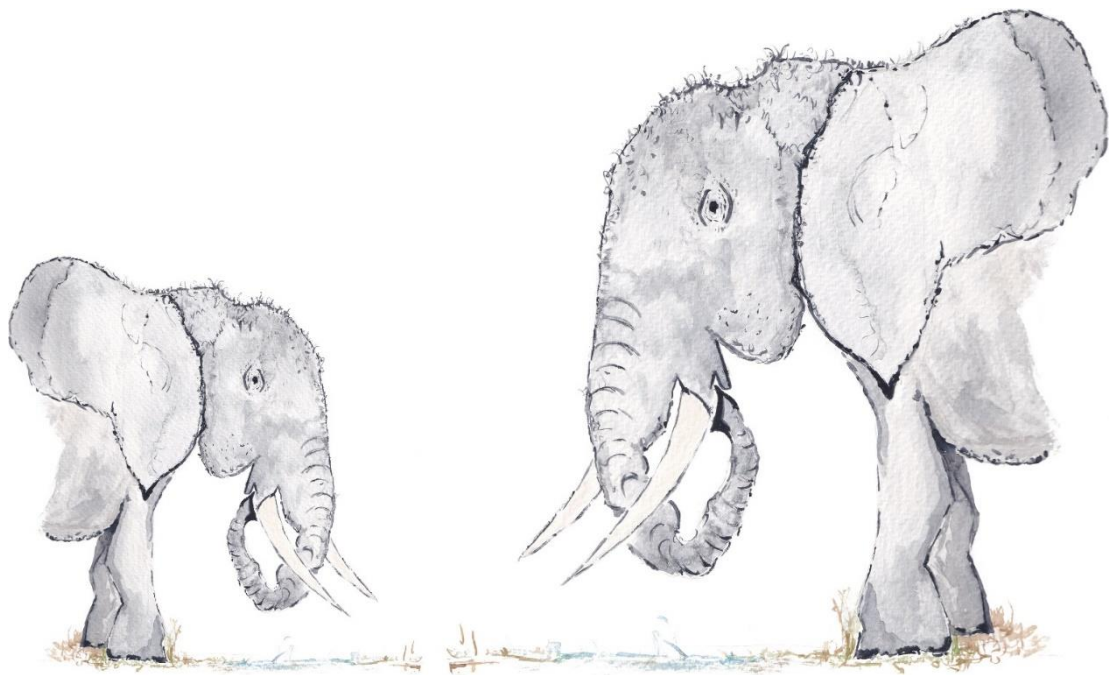


MY EMOTIONS ACTIVITY BOOK



FOR THE GROWN-UPS

My Emotions Activity Book is designed to help children to talk about their feelings.

The author and illustrator of the book, Laura Helen Brown, felt that there was a real need for children to express their emotions in an engaging, open, and neutral way. Laura created the activity book to help her nephew during lockdown articulate his feelings. Laura started to share the activity book outside of her network. With the positive response from children, parents and caregivers Laura decided to build a website to make the activity book more widely available.

The activity book is designed to be universal and used within a school lesson, as part of a group of lessons or one-to-one between parent, caregiver, or child support worker. Laura hopes that the activity book is used as a thoughtful, calming, and comfortable way to generate conversations with children about their feelings and wellbeing.

The pages within the book can be used over a period of time in a variety of different ways. For example, having an assortment of stationery materials on hand to encourage childrens' and (grown-ups') creativity. Currently available to receive free of charge as a printable resource, Laura welcomes feedback on how you and your children engaged with the book. You can do this by contacting Laura via email – laura@lhbillustrations.co.uk

The potential power of the activity book is captured in Lyndsay's feedback below. She discovered something she didn't know about her son and had the opportunity to communicate with him about something that was bothering him.

“My nearly seven-year-old, son completed the booklet. He liked it and definitely found it calming. We particularly liked the page where he had to circle things that applied to him. He actually circled everything in the end, but it was good to get him to open up about his feelings. He initially did not circle that he was happy with himself the way he was, and he told me it's because he doesn't like his freckles. I really did not know it bothered him. I think that page was really good.”

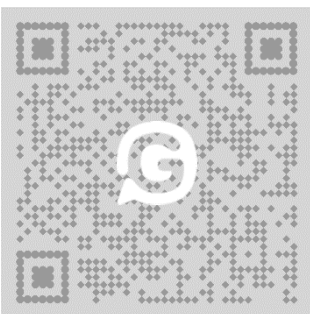
‘Lyndsay, mum to D (age 7)’

Laura would love to see you share the activity book with your friends, family and work colleagues and make this resource known to many. However, if you wish to commercialise this project will need the author's explicit permission, so please contact Laura Helen Brown via laura@lhbillustrations.co.uk

My Emotions Activity Book is for children everywhere and specially dedicated to the inspiration for the illustrations in the book: Mia, Arthur David, Drew, Milana, Harry, Jenson, Molly, Arthur William, Emme, Jasper, Daisy, Poppy, Kyle, Nate, Hugo, Betty and Florence

Website: www.myemotionsactivitybook.com

Email: laura@lhbillustrations.co.uk



Give the gift of a professionally printed copy of My Emotions Activity Book to a vulnerable child that has entered emergency care. To find out more scan our Givey fundraising partner QR code and donate.



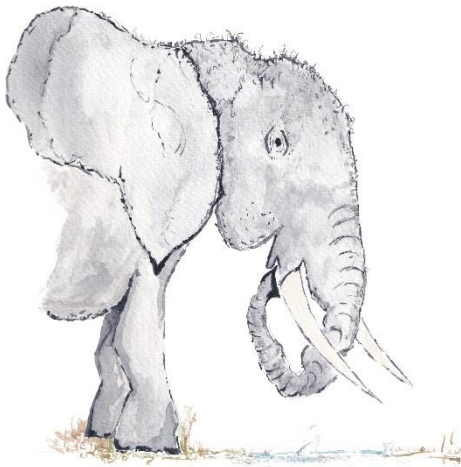
INTRODUCING THE CHARACTERS IN THE ACTIVITY BOOK



HARRY THE CRAB



BLESSING THE BROWN BEAR



MALIK THE ELEPHANT



ARYA THE BLUE WHALE





JENSON THE OCTOPUS



POLLY THE DOG



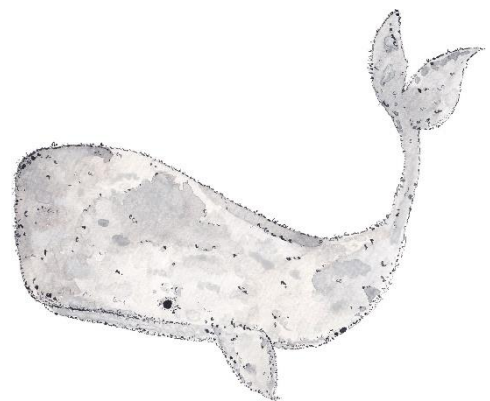
EMME THE STORK



MILANA AND MIA THE PENGUINS



ANDRE THE SQUID



EMMA THE GREY WHALE



ABOUT YOU

MY NAME:

WHERE DO I LIVE:

MY BIRTHDAY:



MATCH UP THE SENTENCES BELOW TO THE HAPPY WHALE AND UNHAPPY WHALE.

SWIMMING IN THE OCEAN WITH MY FRIENDS.

EATING A PLASTIC BAG IN THE OCEAN THAT I THOUGHT WAS A YUMMY JELLYFISH.

WHEN I TALK ABOUT MY FEELINGS WITH MY FRIENDS.

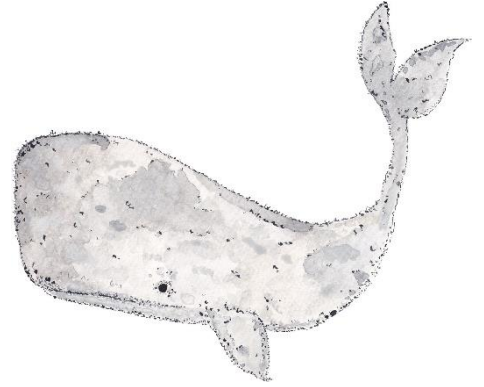
JUMPING OUT OF THE WATER INTO THE FRESH AIR AND SPLASHING AROUND.

A BOAT BUMPING INTO ME AND HURTING ME.

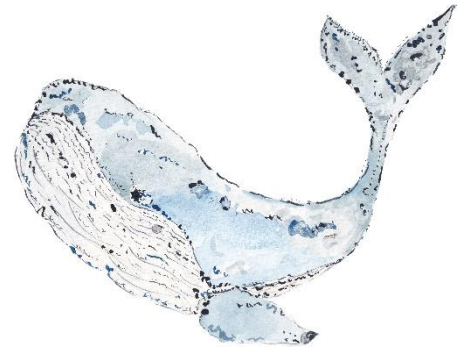
HUMANS NOT RECYCLING THEIR PLASTIC AND IT ENDING UP IN THE OCEAN.

FALLING OUT WITH MY WHALE FRIENDS.

TRYING MY BEST.



UNHAPPY WHALE



HAPPY WHALE

NOW THINK OF SOME OTHER EXAMPLES THAT WOULD MAKE THE WHALE HAPPY AND UNHAPPY.



CHOOSE ONE OF THE OTHER CHARACTERS AND WRITE OR DRAW THINGS THAT MAKE THEM HAPPY OR UNHAPPY.



I FEEL HAPPY WHEN...

WRITE OR DRAW IN THE SPACE BELOW.

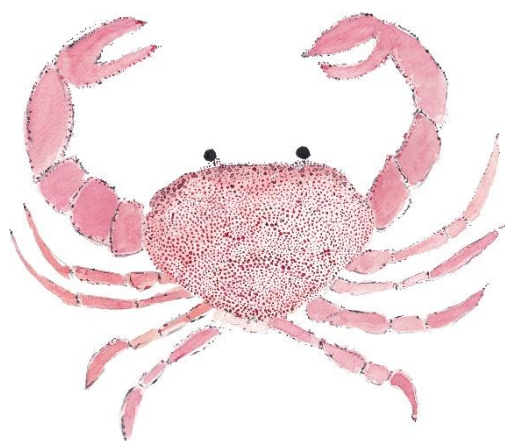


STORKS FLY BY SOARING ON WARM AIR CURRENTS. IF YOU COULD FLY ANYWHERE, WHERE WOULD IT BE?



I FEEL UNHAPPY WHEN...

WRITE OR DRAW IN THE SPACE BELOW.



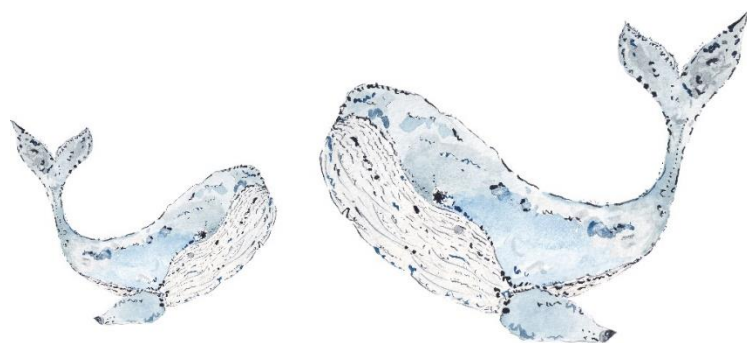
CRABS USUALLY HAVE A DISTINCT SIDEWAYS WALK. HOWEVER, SOME CRABS CAN WALK FORWARDS OR BACKWARDS. DID YOU KNOW NOT ALL CRABS CAN SWIM?



WRITE OR DRAW FIVE THINGS YOU FEEL YOU ARE GOOD AT – IN SCHOOL OR AT HOME

THIS COULD BE DANCING, DRAWING, STORY WRITING, READING, BUILDING, SPORTS...

WRITE OR DRAW IN THE SPACE BELOW.



A BABY HUMPBACK WHALE CAN DRINK 560 CUPS WORTH OF ITS MOTHER'S MILK A DAY. HOW MUCH WATER DID YOU DRINK YESTERDAY?



WRITE OR DRAW FIVE THINGS THAT YOU ENJOY DOING WITH YOUR GROWN-UPS, FAMILY AND/OR FRIENDS...

THIS COULD BE GAMES, OUTDOOR ACTIVITIES, COOKING, READING, SPORTS, RELAXING...



ELEPHANT TUSKS NEVER STOP GROWING, SO ENORMOUS TUSKS CAN BE A SIGN OF AN ELEPHANT'S AGE.

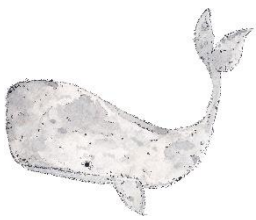


MY DAY TODAY

WRITE OR DRAW IN THE SPACE BELOW.

WHAT DID YOU DO TODAY: INDOORS OR OUTDOORS?

WHAT DID YOU LEARN MORE ABOUT TODAY?



ALL THE CHARACTERS IN THIS BOOK EACH HAVE THEIR OWN INDIVIDUAL PERSONALITIES. THEY ARE ALL UNIQUE JUST LIKE HUMANS.
EVEN THOUGH WE ARE ALL DIFFERENT, WE ALL HAVE FEELINGS, NO MATTER HOW OLD OR YOUNG WE ARE.



DRAW A PICTURE OF YOURSELF IN YOUR FAVOURITE PLACE...

INDOORS OR OUTDOORS.

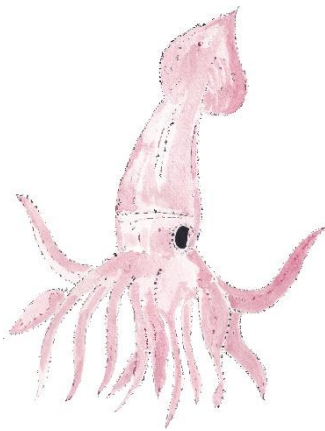


BABY PENGUINS ARE CALLED CHICKS. THEY ARE COVERED IN FLUFFY DOWN FEATHERS WHICH HELP TO KEEP THEM WARM.



IF YOU COULD CREATE A NEW EMOJI WHAT WOULD IT BE? 🐶 😜 ⚽

WRITE ABOUT OR DRAW IN THE SPACE BELOW.

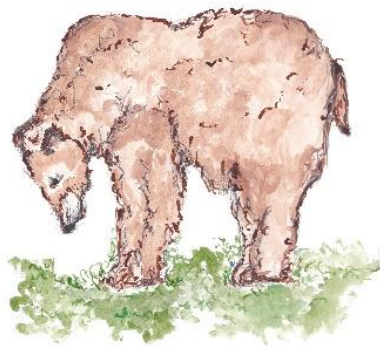


SQUIDS MAINLY EAT FISH AND USUALLY SWIM BACKWARDS! WHAT IS YOUR FAVOURITE FOOD?



WHAT IS YOUR DREAM HOLIDAY OR WEEKEND AWAY?

WRITE OR DRAW IN THE SPACE BELOW.



BEARS HAVE A GREAT SENSE OF SMELL SO THEY CAN SNIFF FOOD FROM SEVERAL MILES AWAY.



DRAW A PICTURE OF YOUR HERO...

THIS COULD BE SOMEBODY FROM SCHOOL, A TV CHARACTER, A PERSON, SOMEONE YOU KNOW, FAMILY MEMBER...



YOU CAN FIND OUT WHETHER A DOG IS LEFT OR RIGHT PAWED BY GIVING THEM THEIR FAVOURITE TOY AND SEEING WHICH PAW THEY USE FIRST.



THE THINGS YOU DO THAT MAKE YOU FEEL HAPPY...

WRITE OR DRAW IN THE SPACE BELOW.



OCTOPUSES ARE FAST SWIMMERS, BUT THEY PREFER TO CRAWL SLOWLY ALONG THE SEA BOTTOM. FOR HOW LONG DO YOU THINK YOU CAN HOLD YOUR BREATH?



CIRCLE THE BELOW SENTENCES THAT RELATE TO YOU

I TRY HARD

I AM KIND

I AM A GOOD FRIEND

I AM HELPFUL

I AM LOVED

I LOVE MYSELF THE WAY I AM

I AM HAPPY

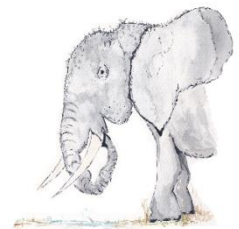
I AM POSITIVE

I AM BRAVE

I AM HEALTHY

I AM UNIQUE

I AM A GOOD LISTENER



DID YOU KNOW THAT, JUST LIKE HUMANS, ANIMALS CAN FEEL EMOTIONS, SUCH AS ANGER, FEAR, HAPPINESS AND SADNESS.



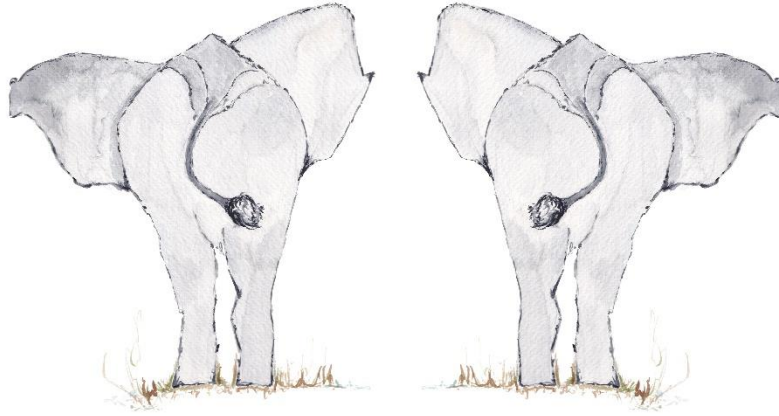
WHO WAS YOUR FAVOURITE CHARACTER / S AND WHY?

WHAT HAVE YOU LEARNT ABOUT YOURSELF?

DRAW A NEW CHARACTER BELOW AND GIVE IT A NAME.



GOODBYE FOR NOW



PLEASE COME BACK AGAIN SOON!



myemotionsactivitybook.com

