

MY EMOTIONS ACTIVITY BOOK



By Laura Helen Brown

FOR THE GROWN-UPS

My Emotions Activity Book is a thoughtful and calming tool to generate conversations with children about their thoughts and feelings.

Laura Helen Brown created the activity book using her watercolour animal illustrations to help her nephew express himself during the COVID-19 lockdown. Following the positive response from children, parents, and caregivers, Laura built a website to make the activity book more widely available.

The book encourages the development of children's emotional literacy skills through creativity and reflection. While the activities cater to children aged 4 to 11, they also extend beyond this age range, proving effective in supporting adults.

Available for free 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@lhillustrations.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 was 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 you to 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, you will need the author's explicit permission, so don't hesitate to contact Laura via laura@lhillustrations.co.uk

My Emotions Activity Book is for children everywhere. However, a note of dedication is to the inspiration for the illustrations in the book: Mia, Arthur David, Drew, Milana, Noah, Harry, Annabelle, Jenson, Isadora, Molly, Arthur William, Emme, Jasper, Daisy, Poppy, Kyle, Nate, Hugo, Elijah, Lyra, Betty and Florence.

LAURA

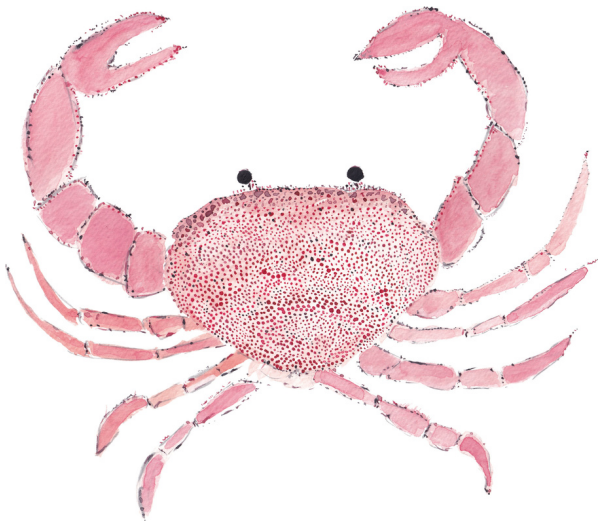


Scan for website!



1.

Introducing the characters in the activity book



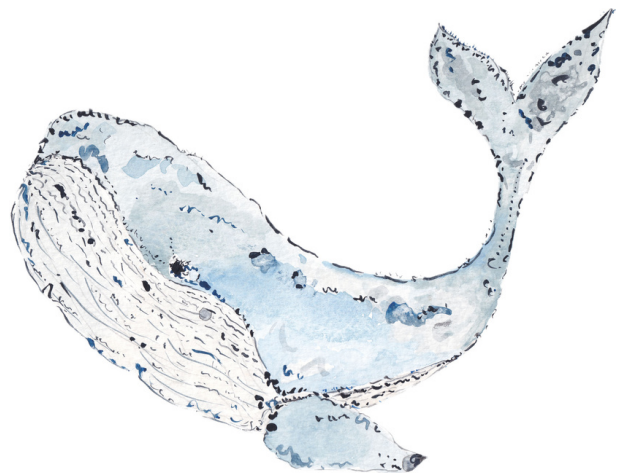
Harry the crab



Blessing the bear



Malik the elephant



Arya the blue whale



Jenson the octopus



Polly the dog



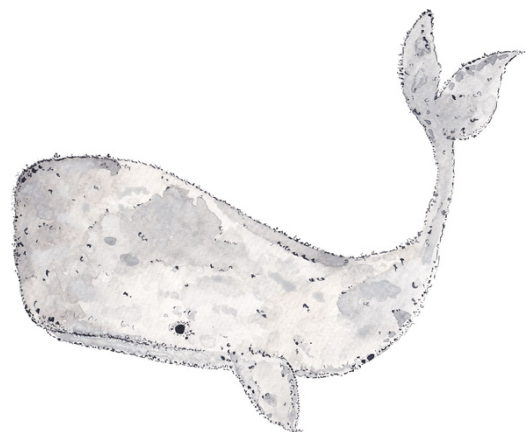
Emme the stork



Milana and Mia the penguins



Andre the squid



Emma the grey whale

About me

My name:



Where I live:



My birthday:



Match up the sentences below to the happy whale and the 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

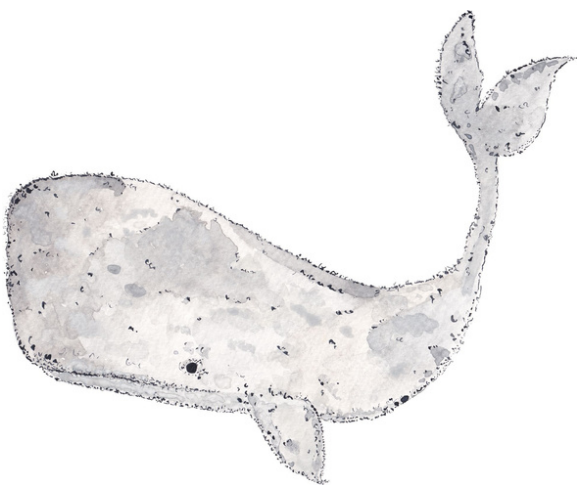
Jumping out of the water into the fresh air and splashing around

A boat bumping into me and hurting me

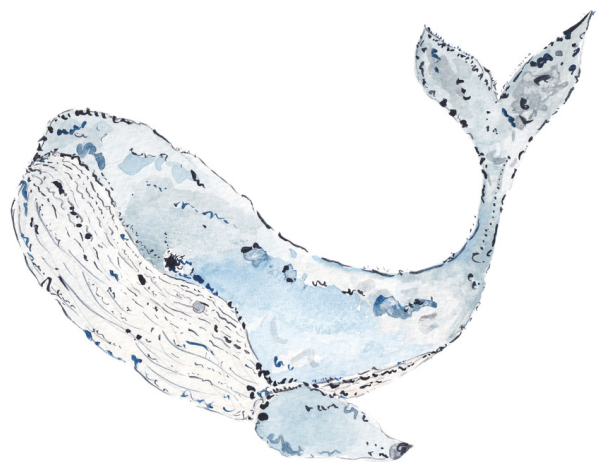
Falling out with my whale friends

Trying my best

Humans not recycling their plastic and it ending up in the ocean

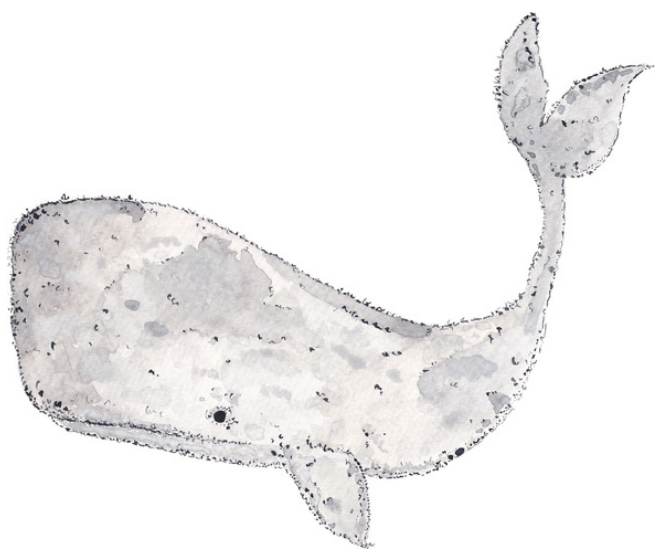


Unhappy Whale

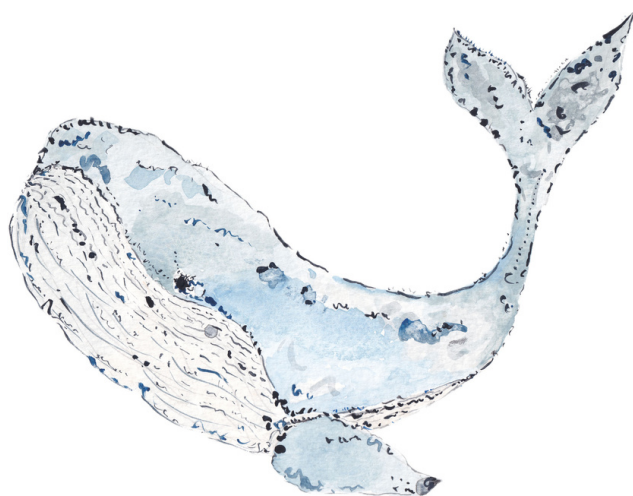


Happy Whale

Now think of some other examples that would make the whale happy and unhappy.



Unhappy Whale



Happy Whale

Choose one of the other characters and write or draw things that make them happy or unhappy.



7.

I feel happy when...

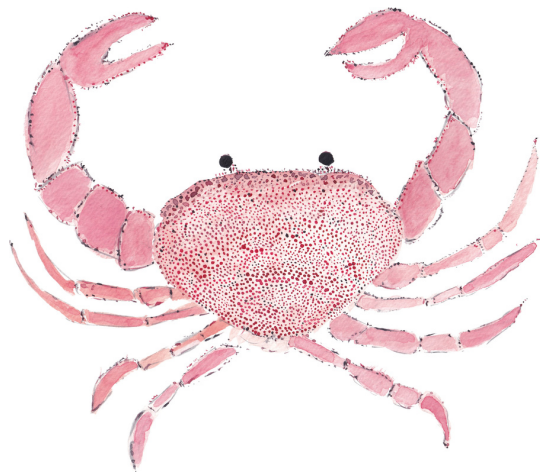
Write or draw in the space below



Storks fly by soaring on warm air currents. If you could fly anywhere, where would it be?

I feel unhappy when...

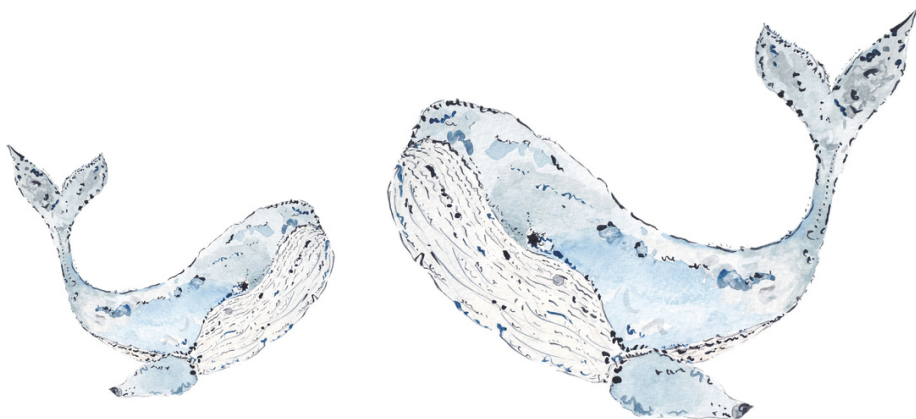
Write or draw in the space below



Crabs usually have a distinct sideways walk. However, some crabs can walk forwards or backwards.

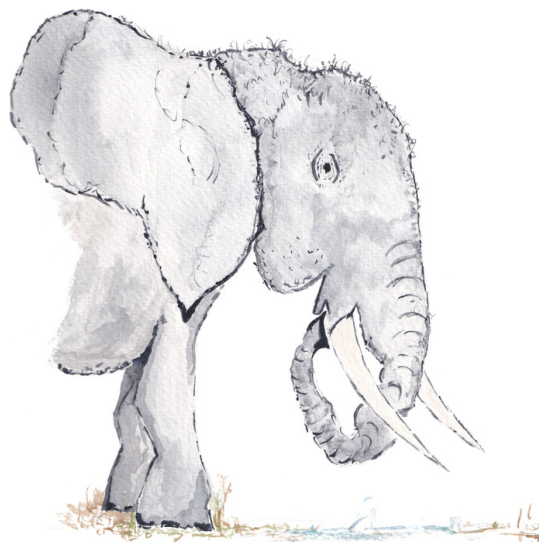
Did you know not all crabs can swim?

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 or something else.



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 or something else.



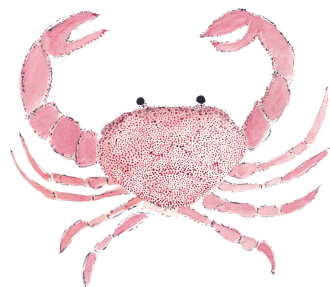
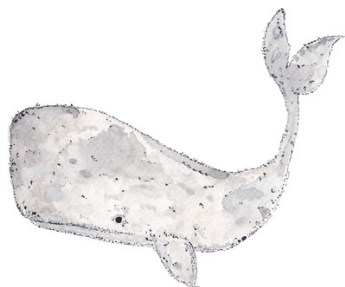
Elephant tusks never stop growing, so enormous tusks are a sign of an elephant's great age.

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.

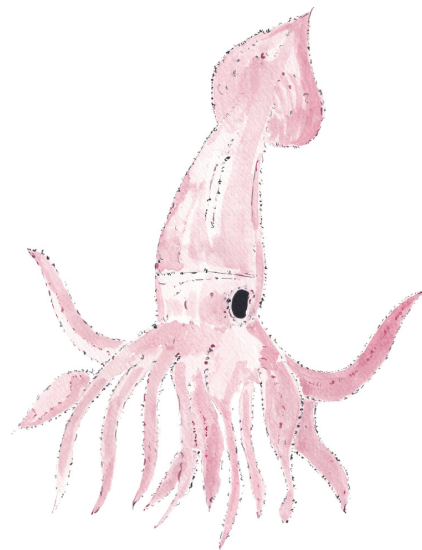
Draw a picture of yourself in your favourite place, indoors or outdoors.



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? 😊 ⚽ 😎

Draw your new emoji and write what it represents



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 someone from school, a friend, a family member, a TV character, someone you know or someone you don't know.



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 I do that make me 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.

Choose as many as you wish.

I try hard

I am loved

I am a good friend

I am helpful

I am kind

I love myself the way I am

I am happy

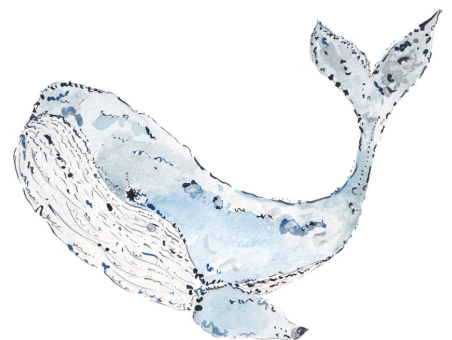
I am a good listener

I am brave

I am healthy

I am positive

I am unique



Did you know that, just like humans, animals can feel emotions, such as anger, fear, happiness and sadness.

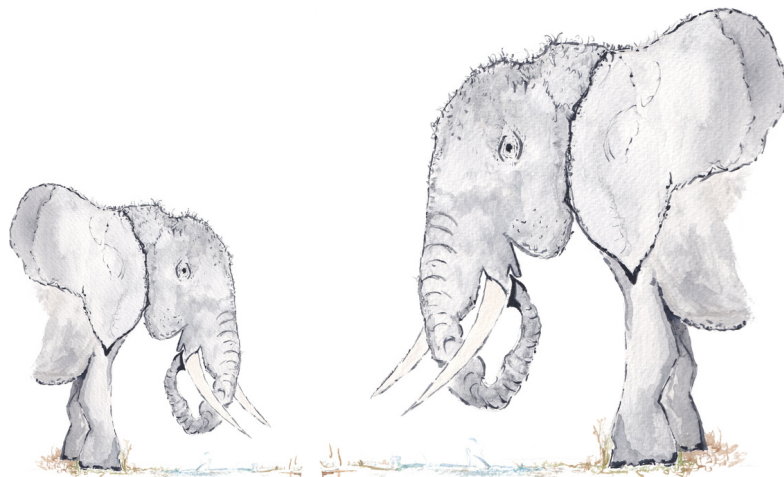
Who was your favourite character/s and why?

Draw a new character and give it a name.

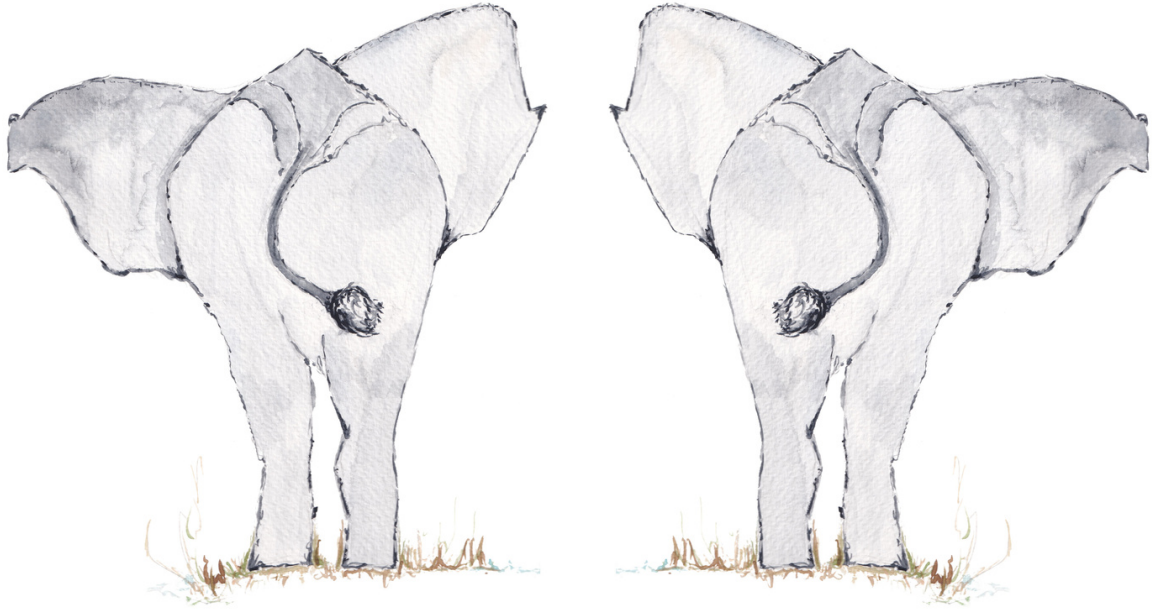


What I have learnt about myself.

Write or draw in the space below



GOODBYE FOR NOW



COME BACK AGAIN SOON!

SCAN FOR
WEBISTE



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