Feelings Can Change

Notice that a feeling can grow, fade, or change over an ordinary day.

KID ACTIVITY | 02

Try it together (or skip any part)

1. Choose three everyday times: morning, afternoon, and evening.
2. Use colors or weather symbols to imagine different feelings at each time.
3. Leave any space blank if you prefer.

Create, draw, or write your idea

There is no right answer. You may leave this space empty.

One thought to remember

Feelings are not a test.

Feelings Can Change

A short guide for the grown-up supporting this activity.

Why this activity can be useful

This supports flexible language about feelings without demanding that a child explain private experiences.

How to introduce it

Invite rather than assign: "Would you like to try a short activity together?" A child may point, draw, answer briefly, or decline.

Read one step at a time. Offer simple choices and follow the child's pace. Do not request stories about frightening experiences.

One possible conversation

“Does your weather stay the same all day?”

You might respond: "Thanks for telling me. You can change your mind or take a break."

Optional way to continue

Make a pretend character and draw their weather changes.

When to pause

Stop if the child looks distressed, withdrawn, overwhelmed or asks to stop. Do not push to finish. Seek qualified advice for persistent concerns.

Safety boundary: This tool does not provide a home EMDR procedure, bilateral stimulation, or treatment for traumatic memories.

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