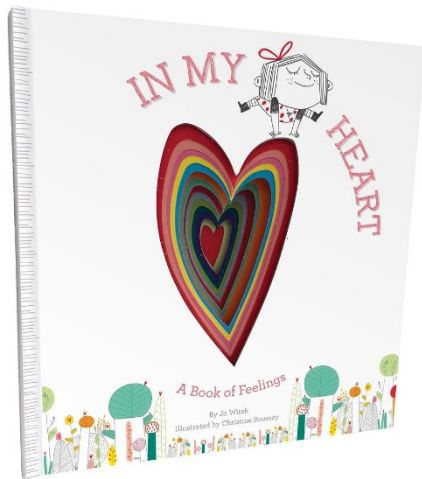
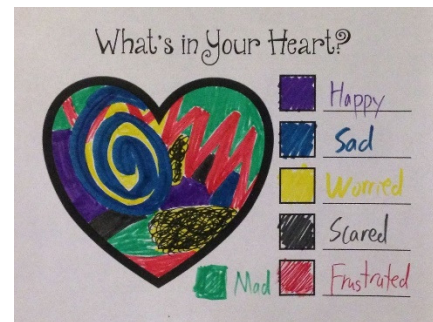


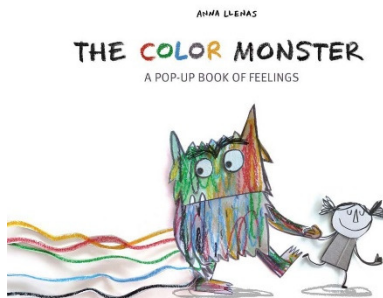
Emotional Support Books & Activities from Lindsey Welch, BS, CCLS, CTRS, CIMI



→
Matching Activity



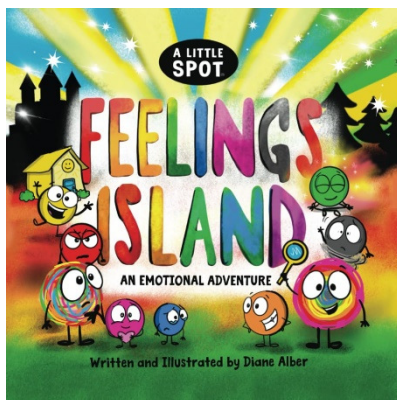
[Color Your Heart.pdf \(elesplace.org\)](http://elesplace.org)



→
Matching Activity



[Sand Art Activities to Help Children Cope with Feelings | LearningRx Blog](http://LearningRx Blog)



→
Matching Activity

Encourage children to draw their own island that includes areas/roads labeled with different feelings. When discussing their drawing they can talk about the things that happen in those areas.

I.E.-A child may color and label one area the joyful jamboree and could say people dance, smile and laugh here.

Tip: You may want to use a template of an island for younger children but allow older children to draw their own.

[Emotion Island with Gevi #2: Map-Making \(youtube.com\)](http://youtube.com)