

Emotion Sharing Tool



[Emotion Sharing Tool](#)

Rationale:

Having an area dedicated to Emotions Intervention Materials demonstrates that emotions and their expression are invited and welcomed. Resources have been created exactly for this purpose.

Naming emotions is a huge step that many students are not ready for. A pre-step to that can be attributing a color to their emotion without verbalizing anything. The emotion sharing tool encourages students to do just that, while exploring the connections and changes their emotions have on them.

Emotions are like rainbows; we need them all just like we need all the colors. We can have different shades of a color (from light to dark) just like we can feel different emotions at different intensities.

The emotion sharing tool removes the vulnerability of sharing in a playful way without labeling emotions as positive or negative. Some commercial programs assign specific colors to specific emotions and associate meaning to those colors (e.g. red means stop, green means go). For this tool, it is up to the student to decide which color speaks to them to express the emotion they're experiencing.

Benefits: This tool provides a way for students to become aware of how they are feeling and a way for them to express it without verbalizing it. When they are ready, they can match their colors to the names of their emotions. The emotion cards that accompany the tool are designed with real children's faces, as opposed to cartoons or pictograms, to help the student recognize the actual different facial expressions.

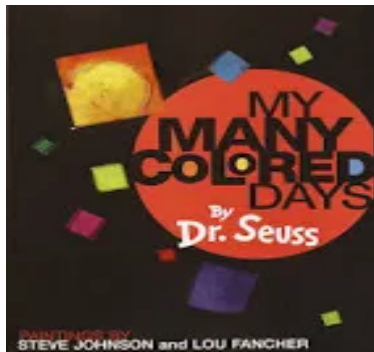
For whom: Students that have difficulties naming their emotions. Students that shut down and avoid sharing.



Tier 2 & 3 intervention

Activities to accompany the emotion sharing tool:

- Read My Many Colored Days by Dr. Seuss
- Use a mirror and practice what each emotion can look like
- Follow with other emotions intervention materials



Documents:

- [How to make the emotion sharing tool](#)
- [Emotions cards](#)
- [Emotion silhouettes](#)
- [My Many Colored Days activity packet](#)
- <https://www.cebmmember.ca/emotions-intervention-materials>



Caution Elements:

- There are no right or wrong colors and there is no pressure to use words.
- All emotions (colors) belong to the student.
- They can pick several colors to match the variations in their emotion.
- All emotions are good and are needed.
- Colors and emotions are not associated together.
- The same emotion could be represented by a different color from one time to the next.
- Remember to thank students for sharing.
- Keep your responses open to initiate conversation.