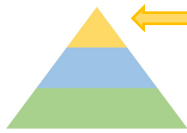


How to Make: The Emotion Sharing Tool

	<p>You will need the following materials:</p> <ul style="list-style-type: none"> • 1 mini plastic cutting board • 1 4x6" photo pocket • Emotion cards, printed, laminated & cut • 2 key rings • Colored cardstock: variety of colors and shades (light, medium, dark) to illustrate the intensity of emotion
<p>Video Capsule </p>	
<p>Step 1</p>	<p>Preparing the emotion sharing tool</p>
	<ul style="list-style-type: none"> • Use a wide range of colored silhouette (be sure to have students' favorite colors) • Have a choice of emotion cards but not too many • Keep in mind that there are no specific colors associated to any emotion (red is not negative) • Give a brief explanation and allow them to express how they feel inside non-verbally by associating colors. Step B is to associate a color with an emotion card.
<p>Material links: Body Silhouettes Emotion Cards Colored Days Feelings Booklet</p>	
<p>Step 2</p>	<p>Setting up the intervention with the emotion sharing tool</p>
	<p>Please see the video capsule "<i>Emotion Sharing Tool</i>" to provide you with information, instructions, and guidance. This is a one-on one intervention to be implemented in a private area when the student is calm.</p>
	<p><u>Activities to accompany the emotion sharing tool:</u></p> <ul style="list-style-type: none"> • Read <i>My Many Colored Days</i> by Dr. Seuss • Use a mirror and practice what emotions look like • Follow with other emotions intervention materials: <p>Activity links: Emotions Intervention Folder Emotions Parking Lot</p>



Tier 2 & 3 intervention

How to Make: The Emotion Sharing Tool

Benefits



Benefits from using the emotion sharing tool

Like a rainbow has many colors and shades, we feel different things to different degrees. This playful tool helps students identify how they are feeling while removing the vulnerability of sharing openly. They can express themselves without words and without getting overwhelmed by labeling their feelings. We can first work on giving our emotion a colour and later progress to adding an emotion card and then naming that emotion. Remember, we welcome all emotions and validate them.