

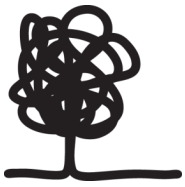
IntraQuest



Use these worksheets with children, young people & adults.

These worksheets can assist others in recognising & labelling their emotions.

They are particularly useful with those that struggle to articulate their feelings.



Feeling jars

What are they?

- A creative way of representing your feelings - 2D or 3D

Who are they for?

- Any person struggling or reluctant to communicate verbally

Why are they useful?

- Increases emotional literacy & the ability to recognise feelings
- Promotes right brain/left brain activity
- Encourages reflection & re-evaluation

How do I use them?

1. Decide whether to complete a worksheet or 3d structure with client
2. Identify a specific past/present situation e.g. Argument with parent
3. Suggest client choose colours/shapes/items to represent each feeling
4. Colour/fill jar proportionate to strength of feeling
5. Discuss/reflect with client

What equipment do I need?

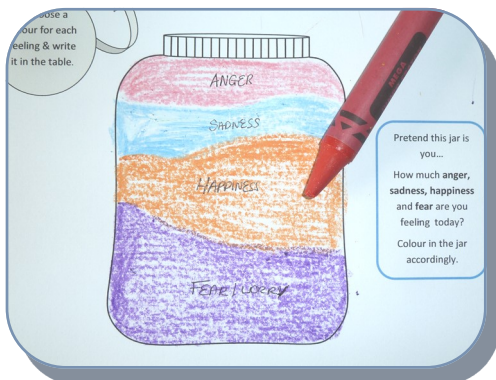
If you choose the worksheet, consider the following equipment...

- Worksheet & pens/colouring pencils/felts/paint/stickers/tissue paper & glue

If you choose the jar/container, consider the following equipment...

- Jar & marbles/shells/coloured sand/stones/beads/buttons/coloured rice/coloured pasta (perhaps include glass paints/pen to decorate or name jar)

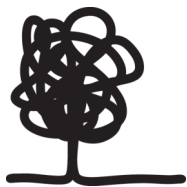
Examples



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Name.....

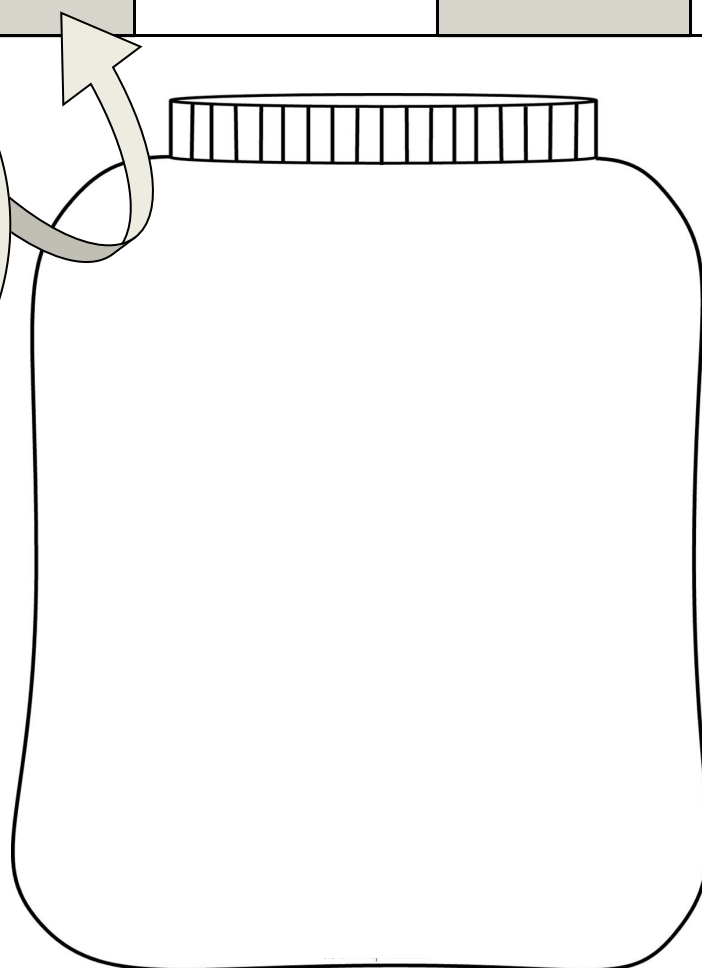
Date.....

Feeling jars

Feelings can be split into 4 categories...Anger, Sadness, Happiness and Fear. Sometimes it's hard to recognise these feelings...have a look at the symptoms in the table below and think of a situation where you might have felt each of these feelings...

EMOTION	Anger	Sadness	Happiness	Fear (known reason) Anxiety (unknown reason)
PHYSICAL SYMPTOMS	Fast heart Tension (clenching jaw/fists) Head ache Stomach ache Hot flushes Dizziness Sweating	Tired/low energy Loss of appetite Hard to concentrate Heavy chest	Relaxed Light in the chest (light hearted) Want to smile	Fast heart beat/skipping beats Sweating Shaking Short of breath Hard to swallow Dry mouth Butterflies in tummy Stomach ache
COLOUR				

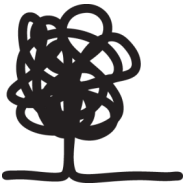
...Choose a colour for each feeling & write / colour your choice in the appropriate box



Pretend this jar is you...

How much **anger**, **sadness**, **happiness** and **fear** are you feeling today?

Colour in the jar



Name.....

Date.....

Feeling jars

Anger

☐

Sadness

☐

Happiness

☐

Fear/Worry

☐

Choose a colour for each feeling.

Pretend the below jar is you and think of how much **anger, sadness, happiness** and **fear** you are feeling.

Colour in the jar accordingly.

