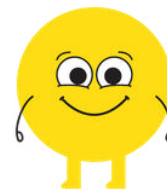


My Feelings Cup

Our feelings help us to think, understand and make choices. Just like how we take care of our bodies by eating healthy food and getting enough sleep, we also need to look after our mental health.

This activity helps us to understand how many feelings we have in a day. Some days will be filled with lots of happy and excited emotions, but it is important to remember that each day can feel different.

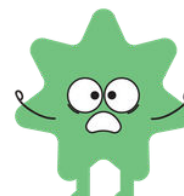
Use the colours to fill up your cup with how you are feeling today.



Happy



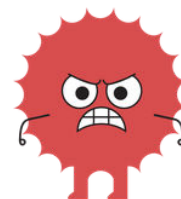
Sad



Scared or
Worried



Excited



Angry

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My Feelings Cup

A creative activity to help young people identify and express their emotions using colour.

Overview

Our 'My Feelings Cup' activity encourages young people to reflect on how they are feeling by using colour to represent different emotions. The worksheet includes a drawing of a cup alongside a colour key, where each colour represents a specific emotion (e.g. happy, sad, worried, excited, angry). The young person colours in the sections of the cup based on how they are feeling in the moment. If they are experiencing just one emotion, they may fill the cup with a single colour, or if they are feeling a mix, they can use multiple colours to show this.

The aim is to help young people recognise that emotions can change often. This activity supports emotional literacy and provides a simple way to communicate their feelings.

Benefits:

- Develops emotional literacy skills and understanding of various emotions
- Provides a simple way of expressing emotions
- Reinforces that all emotions are normal and can exist at the same time
- Encourages self-reflection and learning about other people feelings

How to use this worksheet

1. Give young person a 'My Feelings Cup' worksheet and colouring materials
2. Go through the colour key together, explaining what each colour represents
3. Ask students to think about what feelings they are experiencing
4. Invite them to colour in the cup using one or more colours to reflect their emotions
5. Remind them there is no right or wrong answers, as it is their own feelings
6. Offer the opportunity to share their answers, if they feel comfortable

Estimated time: 10-15 minutes

Materials needed: Worksheet and colouring materials

Conversation Starters/Reflection Questions

- Are your feelings mostly one colour or are they mixed?
- Can our feelings change throughout the day?
- What might help if we are experiencing a bad day?
- How can we support each other with our feelings?

Parents/Carers

The 'My Feelings Cup' activity helps children express their emotions in a simple and visual way, which can be helpful if they find it difficult to put their feelings into words.

At home, you can:

- Use the worksheets as a daily or weekly check-in
- Encourage your child to explain their colours, if they want to
- Share your own 'feelings cup' to allow for conversation
- Reassure them that it is okay to feel more than one emotion at once

After the activity, you can ask:

- Can you tell me about the colours you chose?
- Are there any feelings that are stronger than others today?
- Has anything happened to make you feel this way?

Teachers/Education Settings

The 'My Feelings Cup' activity is a useful emotion check-in tool that can be used at the start or end of the day, or within PSHE sessions.

You can:

- Use it as a regular check-in to track pupils' emotions
- Encourage pupils if they would like to share their answers
- Create a calm and supportive environment

Additional Considerations:

- Some students may prefer not to share their answers
- Be mindful of changes in emotions over time
- Follow safeguarding procedures if any concerns arise
- Offer alternative resources if needed (e.g. visual aids)

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