

Positive Feelings

Children experience powerful mixed and confusing feelings that may be difficult for them to articulate. Counselling is a safe place for young people to express and come to terms with their thoughts and feelings. Learning how to talk to your child/ren about such issues can not only help the post-trauma healing process, it can create a powerful bond between you.

The following is a list of some thoughts and feelings children may experience, and how you can recognise, encourage and/or talk about such experiences.



"I feel important when"

- I get a special treat
- I am told I'm special
- I learn something new
- I get praise
- I can help someone



"When I feel excited"

- I tingle all over
- I want to jump or sing
- I want to tell everyone



"I feel happy when"

- I listen to a favourite bedtime story or song
- Our family has a special outing / evening / occasion
- It's my birthday
- Mum and Dad spend some time with me
- I can choose a program on TV or Video



"I feel safe when"

- I am in a safe place
- I talk to someone I trust
- Grown ups listen when I talk
- Friends and family act as if they like me

Feeling Faces



Difficult Feelings



"When I feel sad"

- I feel heavy inside
- It helps to write down or draw how I feel
- It can help if I talk to a friend
- It helps if someone tells me it's okay to cry
- It helps if someone tells me it's okay to make mistakes



"When I feel confused or lonely"

- I feel mixed up or empty inside
- It helps to talk to myself or my dog or cat
- It helps if I talk with someone who understands
- it helps to cuddle my teddy/doll/toy/blanket



"When I feel Scared"

- I get butterflies in my stomach or my heart beats fast
- It helps to talk to someone I trust
- It helps if I can go to a safe place



"When I feel worried"

- I feel tight inside
- It helps to write down what I am worried about
- It helps to talk with family or friends
- It helps if grown ups help me work out what to do



"When I feel Cranky"

- I feel I want to cry and shout
- it helps I can tell someone
- I feel I can't sit still
- sometimes it helps if someone gives me a drink or something to eat or a hug
- At other times it helps if I can have quiet time alone. If I'm bored it helps if I am given ideas for things to do



"When I feel Angry"

- I feel hot all over
- I feel like hitting something
- It helps to hit my pillow or kick a ball
- It helps to listen to music or draw a picture of what makes me angry
- It help to know it's okay to feel angry
- It help to tell why I am angry

Feeling Faces

