

Emotions cube

Creating an emotions cube is a great way to help children to develop their emotional literacy.

This fun activity can help children to discuss their emotions and learn to express them in healthy ways. This can support children with the development of their emotional regulation (being able to recognise their feelings and control their reactions to them).

Creating the emotions cube together gives you a great opportunity to talk about emotions and emotional regulation strategies with a child. Once a child has created their cube, they can use it as a tool to remember what they can do if they are feeling certain tricky or strong emotions.

Ideas to discuss when making the cube together:

- All humans have lots of different emotions every day.
- Talking about our emotions and how we feel is a good thing!
- There are no 'good' or 'bad' emotions.
- We can all learn how to recognise our emotions – it can take practice!
- Some emotions can feel trickier or stronger than others, but most emotions tend to soon pass.
- If trickier or stronger emotions stay around, there are things we can do to help ourselves – and their cube can act as a reminder!

Questions to discuss:

As you make the cube, discuss times the child felt the different emotions and what helped them to pass. The questions below can help:

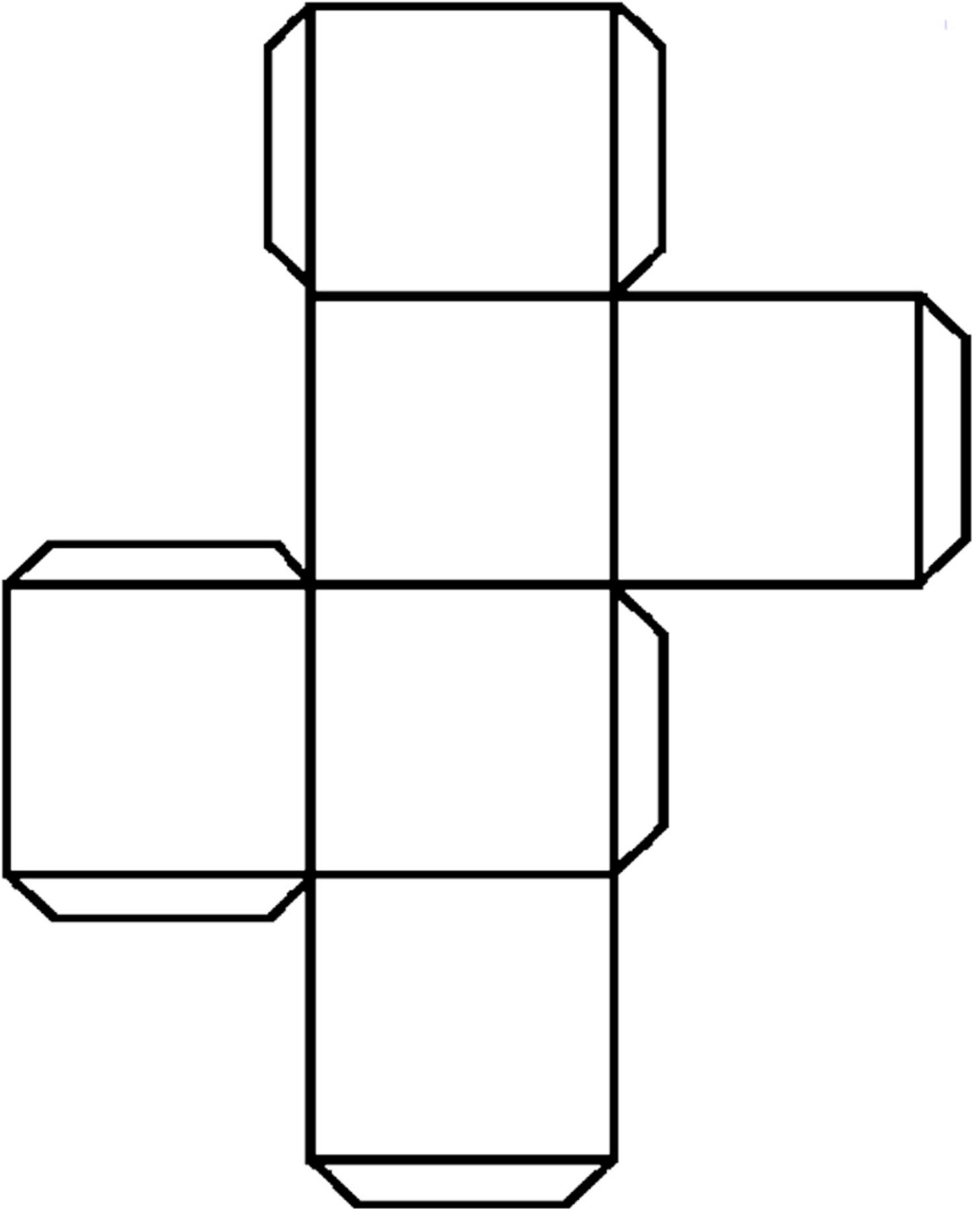
- What makes you feel happy?
- Tell me about a time when you felt _____ (insert emotion).
- How did you know you were feeling that way?
- Did anything make that feeling go away? If so, what?
- What could you do to help yourself if you feel that way again?

Important notes:

- Some children may find it hard to think of times they felt certain emotions. You may need to prompt them with your own observations, or examples from your own life. If they struggle, perhaps just complete one side at a time until their cube is finished.
- Always take time to finish on a positive note by talking about some of their favourite things to do that make them happy, laugh or smile (or even better doing something from their 'happy' side together).

How to make the emotions cube

1. Print a cube net and cut it out (A3 and on strong card if possible)
2. Ask the child to write their name on one side and decorate it in a colourful and fun way.
3. Add labels to the other sides for suitable emotions. E.g.:
 - **Sad**
 - **Angry**
 - **Scared**
 - **Worried**
 - **Happy**
4. Starting with the 'happy' side, discuss what makes the child feel happy and draw/write a representation on that side of the cube. You could use drawings, cut out photos from a magazine, write a word, or use the images on page 4.
5. Pick one of the other 'strong' or 'tricky' emotions and discuss what can make them feel that way and what they can do when they feel that way to help the emotion pass. Draw or stick a picture or write a word to represent how they can help themselves
6. Repeat for each emotion / side.
7. Glue the cube using the flaps, celebrate the creation and encourage the child to keep it somewhere safe to refer to it (or take it home if made at school).



Images to help

