

Pumpkin Patch Feelings

This month's new resource is a new group activity: ***Pumpkin Patch Feelings***. There are 2 versions of this month's activity, one for children ages 4-10 and one for youth ages 11-17.

Feelings can sometimes be a challenge for children and youth to identify, express and cope with in healthy ways. The emotions we experience can often be felt physically. Once a young boy in group was asked where he felt "mad" or "angry" and he said his fist because he just wanted to hit something! It is important to remember all our feelings are okay, but it is not okay to express them in ways which can hurt themselves or someone else. We can learn to cope with and express hard or difficult feelings in healthy ways.

Children (Ages 4-10)

- **Supplies:** Markers/Crayons/Colored Pencils; Copy of Worksheet for each participant
- **Activity:**
 - On white paper, make a copy of the worksheet "Draw a Face for Each Emotion" for each participant.
 - Ask the children to draw a face on each pumpkin that represents the feeling identified. They may color their pumpkins different colors.
- **Process:**
 - Select one feeling pumpkin and describe a time you felt that way. How did you express/show the feeling?
 - What are healthy ways to cope with feelings we may not like? (e.g., Sad: talk to someone, cuddle with a favorite toy or pet, cry, etc.)
 - In closing ask participants to stand and follow you in acting out several emotions of your choice.

Youth (Ages 11-17)

- **Supplies:** Pencils/Pens and or Markers/Colored Pencils; Copy of Worksheet for each participant
- **Activity:**
 - On white paper, make a copy of the worksheet "A Time I Felt These Emotions" for each participant.
 - Using 1 or 2 words, identify a time you experienced each of the feelings identified.
- **Process:**
 - Select a feeling and describe how you expressed the feeling for the incident identified.
 - Was this the best way to manage the emotion? Why or why not.
 - What are ways to cope with difficult feelings in healthy ways? (e.g., Mad: talk to someone, count to ten, take a deep breath, etc.)

Major Message: *I CAN express and cope with feelings in healthy ways.*

(We welcome your feedback – info@rainbowdaystraining.org.)