

Activity 1: Emotion Stones Toolbox

Focus Areas: Emotional & Social Cues, Emotional Expression & Identification

Suitable for: Younger age groups, children struggling with emotional identification and social interactions

Materials: Smooth stones, Acrylic paints, Brushes

1. Hand out a couple of smooth stones to each child.
2. Have a brief discussion: *What are the main emotions that you feel the most in your day to day life? Ask the children to identify 3-5 main emotions that they believe affect them the most.*



3. Follow this with a second discussion: *What facial expressions correspond to each emotion? For children who struggle with emotional identification, it is important to stress on the different types of facial expressions. What face do you make when you're angry? Sad? Happy?*

4. Ask the students to paint these different facial expressions representing each emotion, onto the stones. Emphasise focus on facial cues: *What do your eyebrows look like when you're angry? What do your eyes look like when you cry?*

5. Allow the stones to dry. Use the stones as a tool for children to express and share their feelings by asking them to point to the appropriate stone. - ***emotional toolbox***



Activity 2: River of Life

Focus areas: Identifying emotional triggers, emotional regulation

Suitable for: Older age groups, young adults

Materials: Paper, Colours, Pens

1. The participants start the activity by asking themselves these questions:

- *If your life were a river, what shape would it take?*
- *Where are the bends and turns, when your situation or perspective changed?*
- *Was the transition smooth or sudden?*
- *Are there rocks or boulders — obstacles or life-altering moments — falling into your river?*



2. The participants should now paint their life journey in the form of a river on the piece of paper. Make sure they include dates for different years.

3. Split into smaller groups, and give participants the time to share their rivers within a more intimate setting.

Note: When working with **younger age groups**, this activity can be modified by asking them to reflect on shorter periods of time: the past week, the day, etc. The goal is to facilitate emotional awareness and trigger identification.

Be as creative as you like!



River of Life Sample

