

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

