



Games and Activities for Exploring Feelings with Children: Giving Children the Confidence to Navigate Emotions and Friendships

Vanessa Rogers

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This is a fun, imaginative and creative resource designed to help children aged 7--13 get thinking and talking about their feelings and the issues that affect their lives.

It is packed full with games and activities that help children explore their emotions and express themselves positively. Activities surrounding issues such as peer relationships and friendships, bullying, offending, participation and citizenship are designed to build self-esteem, raise aspirations and increase motivation. They will also enhance emotional well-being and develop protective behaviours, encouraging children to speak out rather than act out, and helping to keep them safe and happy.

This is an ideal resource for all those working with children and looking for new and exciting ideas for games and activities, including teachers, youth workers, social workers and counsellors.



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