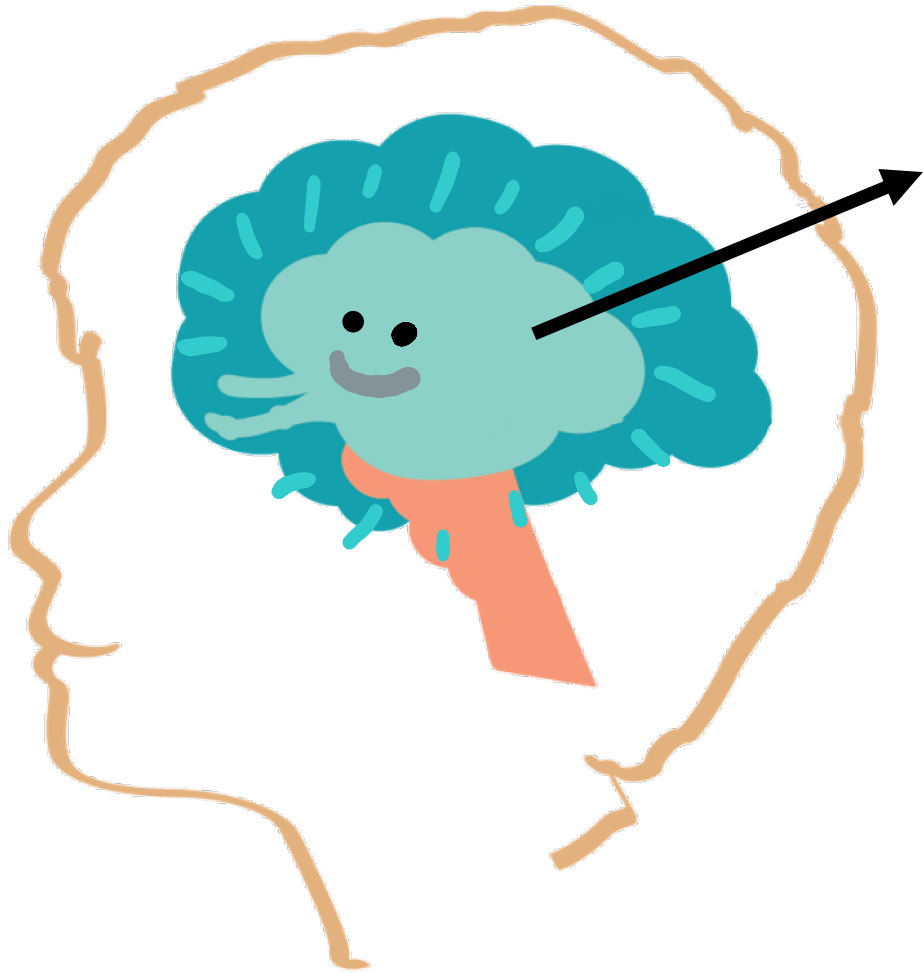




# Welcome to Your Feeling Walls

My Brain grows upwards step by step

# My Feeling Spot

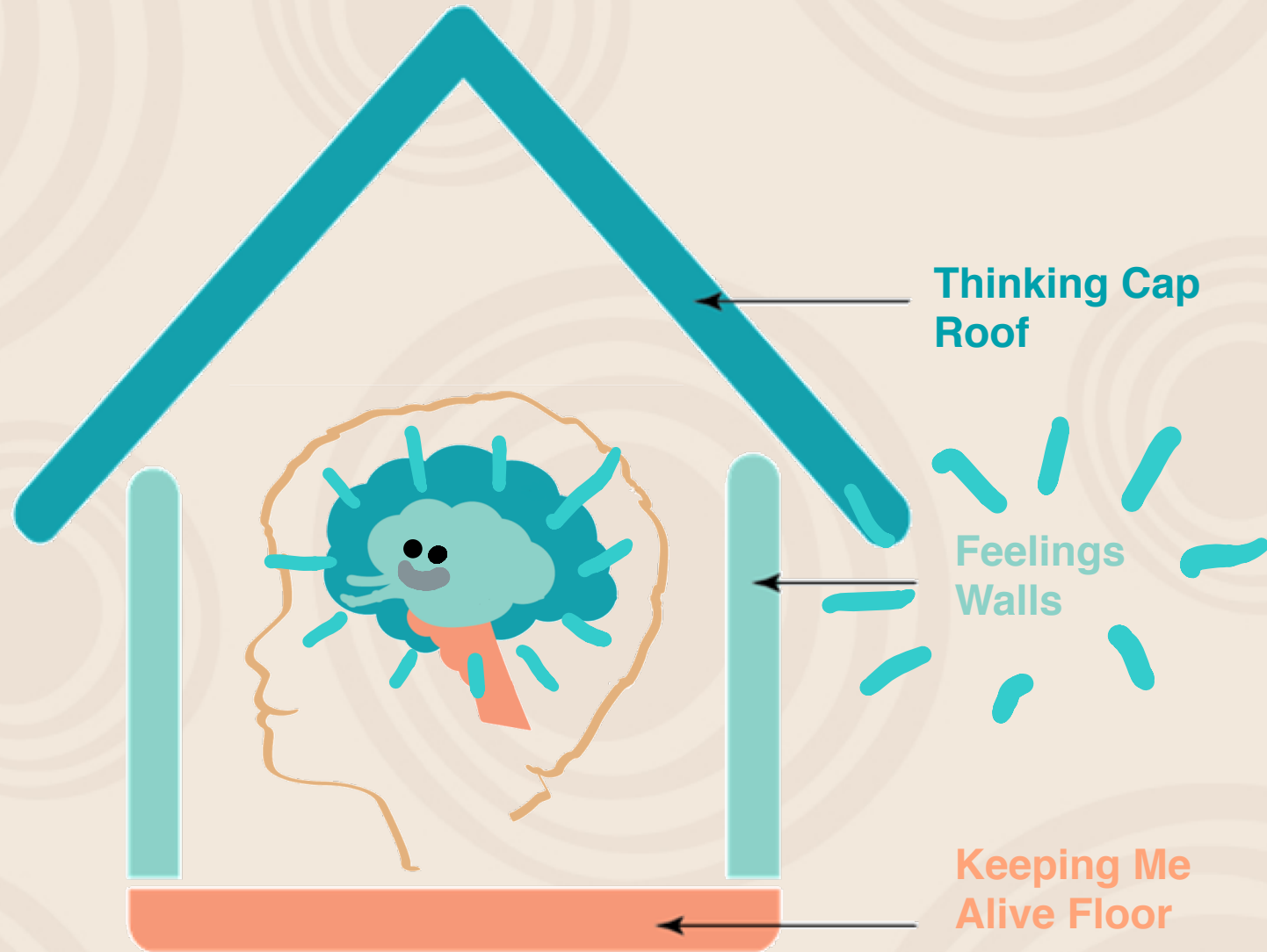


## Feelings Spot

**I grow second.** I am a part of your brain where your feelings live.

Children often practice using me a lot when they are toddlers. I help them get better at sharing, and working together with others.

# Feeling Walls of My Brain House



# Ways to Strengthen our Feeling Walls- Feeling Based Activities

There are activities that we can practice that can help us strengthen our feeling walls. Many of these activities involve being with others, sharing and taking turns.



# Thumbs Up, In the Middle and Thumbs Down



Playing a board game, playing a group game at school, sharing with family, cooperating to achieve a goal together, cooking together with someone, playing sport as a part of a team, acting in a play, reading a story and getting into the characters, watching a tv show or movie and being able to put yourself in the shoes of the characters, dancing as a part of a group, caring for animals, caring for land, spending time with your elders, learning about feelings, caring for younger children in your family, sharing friendships with people.

# Ways to Strengthen our Feeling Walls- Feeling Based Activities



- What was your favourite feelings based activity that was mentioned?
- Can you think of any others you like?
- Draw or write about a feelings based activity you like in your scrapbook.



# Group Count- An Attunement based Activity

Collect into a circle so everyone can see one another. Then someone begins counting by saying 'one.' Without going around the circle or there being any pattern emerging, people should continue to add a number each 'two,' then 'three' and so on. Should more than one person say a number at the same time, the group count must begin again. Every member of the group should have a turn before someone gets another go. Notice how the number you achieve together gets larger the more you play the game.

