

## REFLECTION

1 - After each activity ask your child **how she feels**.

2 - Use the **cards** below to **understand** her **feelings** and choose one.

3 - Ask her to choose how to represent her feelings, **moving** (e.g., dancing, doing sports, etc.), **painting** (e.g., with markers, paint, with the hands, etc.) or **playing** (e.g., an instrument, singing, etc.).

**M**OVE



**P**AINT



**P**LAY



Raising world shapers while learning to eat

4 - In case of being a **negative feeling**, find together **strategies** to **overcome** it.

This activity can be used whenever you want to **reflect on learnings** with your child! **Challenges** and **achievements**.

Low energy

Medium-low  
energy

Medium-high  
energy

High energy

Sad



Happy



Frustrated



Mad/Angry



Sick



Calm



Worried



Terrified



Tired



Feeling okay



Silly/Wiggly



Ecstatic



Bored



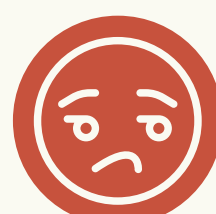
Focused



Excited



Devastated



Moving slowly



Relaxed



Loss of control



Out of control

