Different Feelings: Talk, Draw and Listen

Answers and adult support.

Begin with the fictional children

Read both short statements. Jo might feel excited, curious or something else. Ari might feel unsure, calm, curious or something else. None is a fixed answer: wanting to watch does not prove worry, and wanting to join does not prove confidence.

Listen to the reason

Ask what in the story led to the suggestion. Two people can feel differently in the same situation. A child may suggest more than one feeling or change an idea after listening. Do not score a face drawing or a chosen word as a diagnosis.

A question rather than an assumption

One example is: Would you like help, company or a little time? Other respectful questions are welcome. Listen to the answer rather than deciding which help someone needs.

Drawing and speaking are enough

An adult can read, write dictated words or draw alongside the learner. Use fictional people throughout. There is no need to share a personal experience; passing on any prompt is welcome. This is an everyday conversation activity, not a mental-health assessment.