

Feelings Jar

This activity is an opportunity for you to share how you are feeling.

Equipment

- a clear jar
- craft materials of different colours
- craft materials of different textures



Instructions

Take some time to think about your day and how you have felt during it.

Write down the feelings you have had here.

- Choose a coloured or textured craft item that you would like to represent the feeling. For example, cotton wool could be calm, string could be excited and pebbles could be disappointed.
- Add the chosen items that represent your feelings to the jar. As you do this, think about how much of each feeling you have had today and fill the jar to represent those feelings.
- If you would like to show your jar to the circle time group, please do so. You might like to share what feelings the different items represent with everyone else.