



FEELINGS SUD SCALE

Used For:

Affect Regulation - Feelings Identification

Why it is important:

Helping children identify and bring mindfulness awareness to their sensory experiences (are they tired, hungry, thirsty, squirmy, etc.?) is the foundation for self-regulation. Learning to pay attention to their sensations helps children to be better able to identify what they need (rest, food, water, etc.) so that they can better care for themselves. It is equally important for children to learn to tune in when their bodies feel relaxed, calm, safe, etc. so that they can also begin to figure out what it is that helps them feel this way. The practice of “listening” to their bodies will empower children to respond with care and kindness for themselves, even when they are experiencing difficult emotions.

Supplies Needed

- Foam Gingerbread Man
- Googly Eyes
- Felt or Foam Pieces

Detailed Description:

Pick one foam Gingerbread man piece. Choose from a variety of googly eyes and foam pieces to identify where you are feeling certain emotions such as happy, sad, angry, scared, nervous, pride, etc.