



## Used For:

Affect Regulation

## Supplies Needed

- 1 Feelings Jar Poster
- 12 Velcro Dots
- 1 Yellow, Blue, Black, Red, Orange, Purple, and Green Pom Poms
- Permanent Marker

## Why it is important:

Helps children begin to identify their own emotions in any given day as well in others.

## Detailed Description:

1. Gather 12 Velcro dots, a feelings jar sheet, and 1 pom pom in each color: blue, black, red, orange, purple, and green.
2. Attach 6 Velcro dots in the jar.
3. Attach 6 Velcro dots on the paper across from each monster feeling.
4. Put your pom poms by each feeling. (Match the color pom pom with the color of the monster feeling.)