

The Feeling Rollercoaster

CBT Focus: Emotional regulation and normalising feelings

Goal: To help children name, explore, and understand their emotions.



Draw a rollercoaster here

Mark on the rollercoaster where you are when you feel proud

Mark on the rollercoaster where you are when you feel nervous

Mark on the rollercoaster where you are when you feel excited

Mark on the rollercoaster where you are when you feel worried



Reflection questions

What helps me stay calm when the ride gets bumpy?

(Examples: talking to someone, drawing, breathing exercises)

Who can I talk to when I feel too full of feelings?