

Photo-Emotion Coaching - Level 2

(For children with writing and comprehensive learning skills)

Requirements for this learning:

- Child or children within appropriate learning level participation
- Parent or child care giver participation and supervision
- Printer (see web-based learning if you have no access to a printer)
- Camera (optional)

Note to Parent:

- All activities in this learning should remain under your supervision.
- Your child should be encouraged to share their thoughts and feelings with you.
- This learning is not intended to replace professional therapy or other mental health treatment. Please read our full disclaimer below prior to initiating this learning activity with your child.

Let's get started!

Parent Guide

Each of the pictures include people who are expressing an emotion. Print the Photo-Emotion Coaching - L2 for your child (page 2 & 3).

1. Ask you child to write the emotion they think each person in the picture is feeling.

When finished review each answer and:

2. Ask why they think the person is feeling that way, or what might have caused the person to feel that way?
3. Affirm their answer, and share what you think that person is feeling and explain why.
4. Ask your child when they have felt that emotion?
5. Use the Emotion Reference on page 4 to discuss other possible feelings in the picture.
6. Ask your child what they think happened just before, and just after, the picture was taken?
7. For the fun of it, ask your child to pretend they are feeling the same way as the person in the picture and take a picture of them while pretending. Share the picture with your child.

DISCLAIMER:

This at-home emotion coaching learning activity offered by the Focus on Love Foundation is provided for informational, reflective, conversational and emotion coaching purposes only, and should not be used to replace the special-ized training, professional treatment, or professional judgment of a health care or mental health care professional.

The Focus on Love Foundation is not responsible for the personal usage or emotional responses, or consequences, as a result of using the learning materials provided. A child's social development varies from child-to-child and the parent, or adult care giver, is responsible for determining the appropriate level of photo-emotion coaching level and age appropriateness of the learning materials offered. The Focus on Love Foundation recommends consulting with a trained mental health professional before your child participates in this Focus on Love Foundations at-home emotion coaching learning activity.



Focus On Love
Foundation

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1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



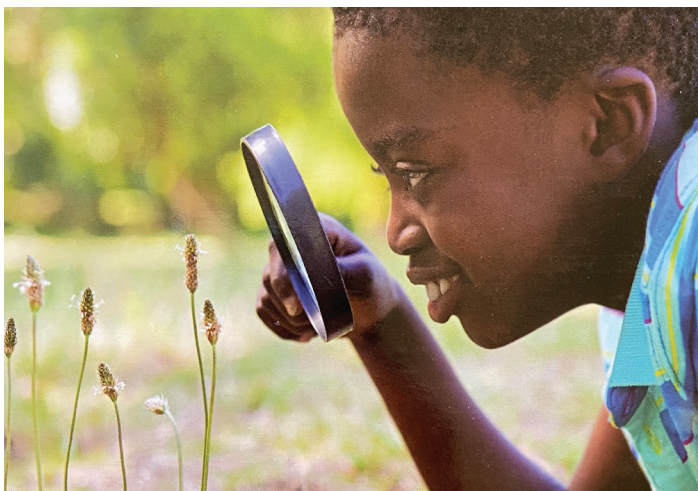
8. _____



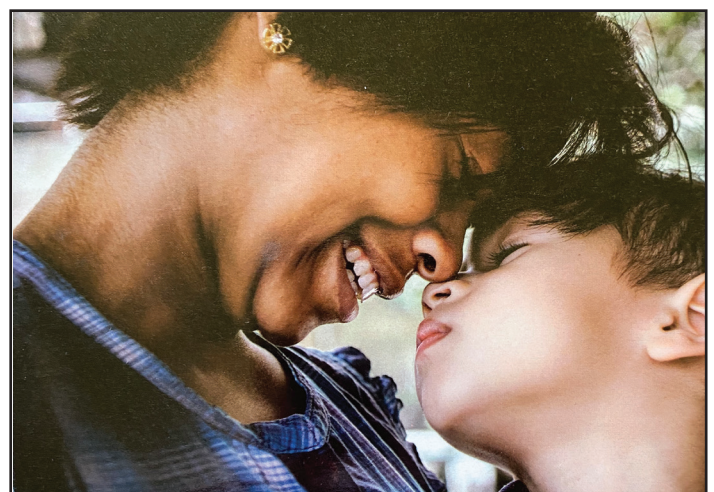
9. _____



10. _____



11. _____



12. _____

Emotion/Feelings Reference

Below are suggestions of emotions for each picture. There may be multiple answers given a child's own experience. Affirming your child's answers is important. The objective is to explore and discuss with your child all the possible emotions.

1. Left Boy: happy Right Boy: sad, jealous
2. Left Baby Boy: happy Right Baby Boy: unhappy, upset, scared Baby Girl: sad, angry, upset
3. Both Boys: angry, unhappy
4. Boy: surprised, happy Puppy: ?
5. Left Girl: angry, upset Right Girl: sad, angry, upset
6. Man: love, compassion Girl: love, happy Boy: sad, lonely, jealous
7. Girl: sad, frightened, upset Man: love, compassion
8. Boy: excited, happy
9. Both children: happiness
10. Girl: shy, embarrassed, afraid
11. Boy: curios, happy
12. Woman: happy, love Boy: happy, love