

Photo-Emotion Coaching - Level 3

(For middle school to teens with writing and comprehensive learning skills, and the ability to work independently)

Requirements for this learning:

- Child or children within appropriate learning level participation
- Parent participation and supervision recommended.
- Camera, or paper & pencil

Note to Parent:

- This learning is an independent study for your child, however all of your child's activities should remain under your supervision.
- Although your child will work independently to discover feelings, we encourage them to share and discuss their thoughts and feelings with a parent or adult care-giver.
- This learning is not intended to replace professional therapy or other mental health treatment. Please read our full disclaimer on page 3 prior to initiating this learning activity with your child.

Let's get started!

Student Guide

Project 1: Emotion Discover Worksheet

Each of the pictures include people who are expressing an emotion. For each picture ask yourself:

1. What emotion you think each person in the pictures is feeling? Write your answer if you want.
2. When have you had that same feeling?
3. What did you do with that feeling when you felt it?
4. How did your response to the feeling affect you or someone else.
5. Did it affect you or someone else in a positive way or negative way?
6. Share your thoughts and feelings discovered in this project with a parent or other caring adult.

Project 2: Picture Emotion Hunt

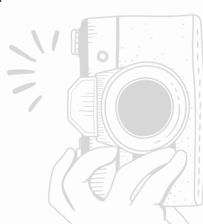
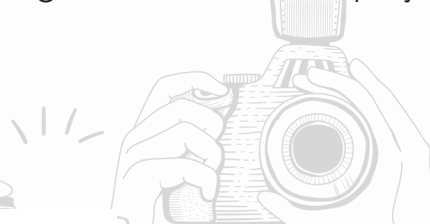
Ask to look through family photographs (past and/or present), pick 10-20 pictures.

1. Look at the picture and ask yourself, what was the person(s) feeling in the picture?
2. How does that picture make you feel?
3. What do you think happened just before the picture was taken?
4. What do you think happened just after the picture was taken?
5. Use a camera (if available) to take 3 types of pictures 1) things that make you happy, 2) things that make you sad/angry, 3) things that make you feel calm or peaceful. If you do not have a camera, use paper and pencil to make notes as you search for your 3 types of emotion discoveries.
6. Share your thoughts and feelings discovered in this project with a parent or adult care-giver.



Focus On Love
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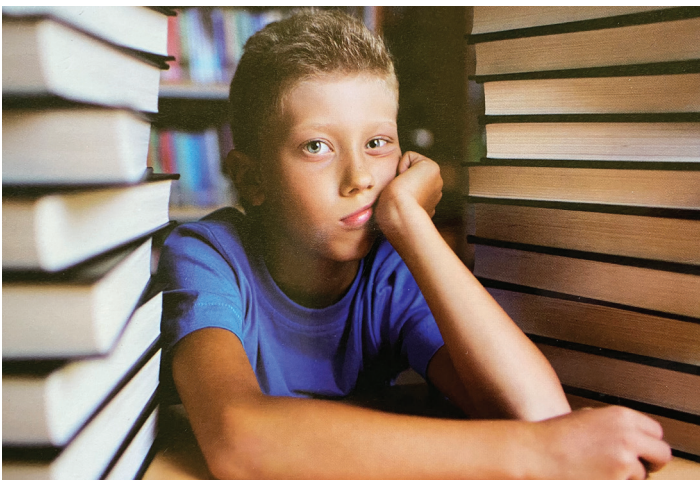
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Social Emotional Learning - Worksheet



1. _____



2. _____



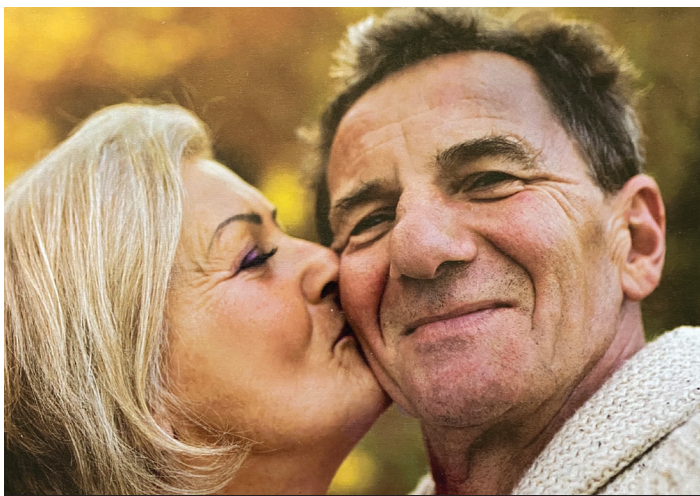
3. _____



4. _____



5. _____



6. _____

Emotion/Feelings Reference

Below are suggestions of emotions for each picture. There may be multiple answers given your own experience. The objective is to explore all the possible emotions.

1. Both: happy
2. Boy: bored, unhappy
3. Woman: worried, confused
4. Man: happy
5. Woman: angry, upset
6. Woman: love, happy Man: love, pride

DISCLAIMER:

This at-home photo-emotion 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 specialized 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 emotional development varies from child-to-child and the parent, or adult care giver, is responsible for determining the appropriate level of emotion learning 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 photo-emotion learning activity.