



## Emotional garlands

Ages: 8-12

### What are we going to do?

This activity helps children reflect on their emotions, recognize ways to ask for help, and develop good emotional control, all adapted to their age. It encourages problem-solving and reflection on what helps them feel better.

The end result is an easy-to-consult visual resource when faced with complex situations.

### Materials you will need:

- Cardboard or thick paper
- Markers, colored pencils or crayons
- Safety scissors
- Paper punch
- Hilo or float
- Pre-written cards with "When..." phrases (heart, star, or other meaningful shape)
- Blank cards for solutions (of the same type and shape)
- Optional: stickers, glitter, or other decorative elements

**Duration:** 1.5 hours



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## Instructions:

### Preparation (10 minutes)

- Cover the table with newspaper or a tablecloth to protect it from markers, glue, or other materials.
- Arrange all materials in an organized way so that children can easily see and choose them.

### Write solutions (20-30 minutes)

- Distribute the "When..." cards to the children.
- Examples:
  - When I need a hug
  - When I'm sad
  - When I want to talk
  - When I need to laugh
  - When I need to cry
  - When I want to relax
  - When I'm angry
  - When I need a special treat
- Give each child a set of blank cards of the same shape.
- Ask them to write or draw their strategies for dealing with each situation.
- Examples:
  - "When I need a hug, I go to my mom."
  - "When I'm sad, I listen to my favorite song."
- Punch a hole in the top of each solution card.



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### **Garland assembly (30-35 minutes)**

- Provide each child with a long piece of yarn or wool.
- Ask them to tie the "When..." cards along the string, leaving space between them.
- Next, tie the corresponding solution cards to the holes at the bottom of each "When..." card, so that they hang down.

### **Card decoration (10-15 minutes)**

- Allow children to decorate the cards with stickers, glitter, or drawings to personalize them and make them visually appealing.

### **Presentation and reflection (10-15 minutes)**

- Once all the cards are joined together, the children can hang their garlands in a designated place or take them home to display in their room.
- Gather the group to share the garlands, if they wish, and discuss the different emotions and strategies identified.

### **Important note:**

- Encourage children to participate sincerely, but respect their emotions.
- Don't force any child to share what they've written if they consider it too private. This activity is primarily for them, and what they choose to take is what best suits them.

**Video of the activity (in English): Emotion Garlands**



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