

Feelings Garden

CBT Triangle Activity for Kids

The 'feelings garden' activity helps children identify, understand, and express their thoughts, feelings, and behaviors through a more playful and creative activity.

Guide them through the following questions, and print the design on the second page for them to color in.

1. **Step one:** Explore and explain the feelings garden to the child and how it relates to how they think, feel, and behave.
2. **Step two:** Ask the child to remember a time when they got annoyed, upset, or frustrated.
3. **Step three:** Return to the garden to capture the answers to the following using colored pens.

Encourage the child to consider and represent each of the following:

How do we think? *Draw a flower or plant representing your thoughts at the time. Is there a simple name or label you could use to describe the thought?*

How do we feel? *Draw a sunny, cloudy, or other weather symbol representing your feelings. Could you think of a simple name or label to describe that feeling?*

How do we behave? *Draw a path around or through the garden representing your actions or behavior. Is there a simple name or label you could use to describe it?*

4. **Step four:** Discuss with the child how changing one element, such as how they thought about the situation, could impact other aspects of the garden.
5. **Step five:** Repeat the process using a new page and diagram, but now reflect on a happy time.

Using color and drawing pictures associated with both situations will help them become more familiar with how different garden elements interact.

Dr. Jeremy Sutton

