



Gingerbread Cut-Outs

How Do I Use This Tool?

The cut-outs on the next page can be used with children who are verbal and able to put sentences together. It can help children understand how their emotions are felt in their bodies.

Examples

When I feel happy, this is how it feels in my body:

- I feel like smiling
- I have a ton of energy
- I have happy, active feet
- I want to sing
- My voice may be strong



When I feel sad, this is how it feels in my body:

- I have very little energy
- I just want to sleep
- My face may frown
- My voice may be soft
- I may avoid eye contact

