

## **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.

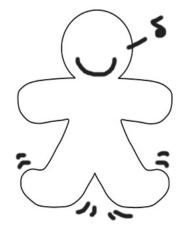
Examples

When I feel <u>happy</u>, 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 <u>sad</u>, 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







Created by the primary authors of 1.2.3 Care Toolkit