

Appendix 10

Feelings & Emotions Glitter Jar

Glitter Jar



Tick which glitters you added to your jar:

- Blue to represent feeling sad.
- Green to represent feeling positive.
- Silver to represent feeling nervous.
- Red to represent feeling scared.**
- Gold to represent feeling confident.
- Pink to represent feeling worried.

How many teaspoons of each colour did you add and why?

Blue	
Green	
Silver	
Red	
Gold	
Pink	