

Empathy Bead Bracelet

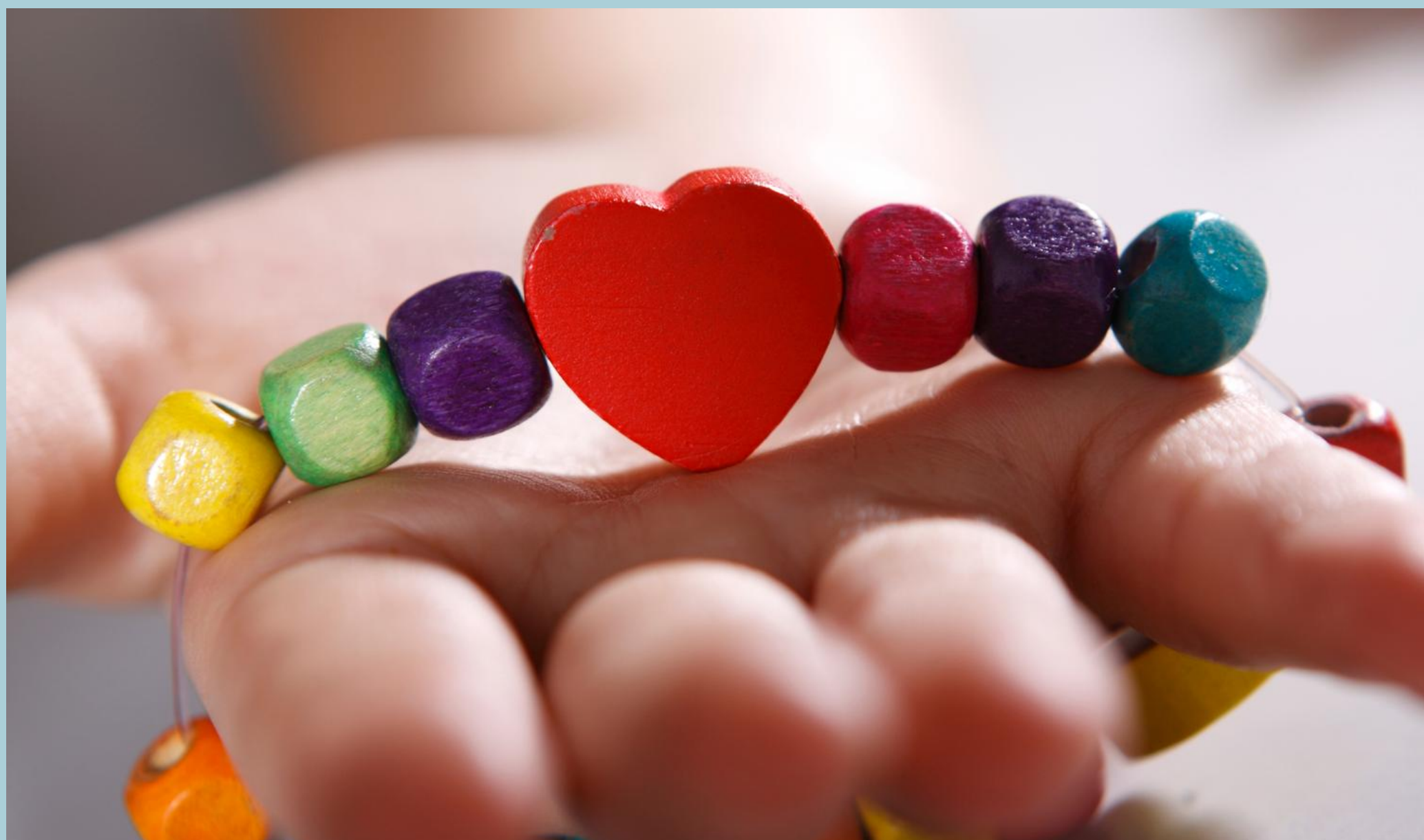
Empathy Bead Bracelets are a creative and fun way to explore feelings with children. It opens discussion about how and when people might feel different emotions and how we might be able to spot them and support them.

The bracelets can be worn at any time. You could make one each and then use them as a way of communicating how you are feeling by showing the corresponding bead. This example will enable children to do the same with their beads and share how they are feeling with you. Not only does this help with expression of emotion, but by connecting a feeling to a physical bead children can be easily reminded of what that emotion feels like and build empathy for the person experiencing it.

It is important to include a wide variety of emotions, including happy and sad ones to show that we will all experience a number of different emotions at different times and in different ways, and that this is normal and healthy

What you'll need:

- Beads
- Thread/ Wool



How to make:

- Together, make a list of all of the feelings you can think of.
- Ask the child to choose a bead for each feeling. Ask if they can think of a time someone might feel like that. Discuss how you might know that person is feeling that way.
- String the beads to make a bracelet.
- Use the bracelet to recognise feelings by asking them to pick a bead to show how they / someone else might be feeling