Expressing emotions – Guidelines for use with individuals or groups of people with a learning disability

<u>Materials needed (all image files can be downloaded from the website):</u>

- Table, wall space or board
- Blue/white tack, pens
- Basic emotion cards (in members' colours)
- Complex emotion cards (in members' colours)
- Circle cards (in members' colours)
- Gradient poster: ideally, this should be printed professionally in colour in A0 size, cut in half lengthways (roughly 420 by 1189mm), and then laminated as two separate posters (otherwise, use the largest paper available - e.g. A3).

<u>General principles:</u>

- Everybody chooses a card colour, which is their colour for all activities.
- For people with colour-blindness, their name or initials should be written on the cards, or a small photo of them can be glued in the middle of the cards. For people with no vision, thicker cards should be used.
- If the activities in the toolkit are regularly used by a group, they become a shared language that everyone can learn to use and understand.

<u>Guidelines</u>

1. Put the BASIC EMOTIONS and/or COMPLEX EMOTIONS cards on a table. Ask people to find the facial expression that represents 'happy' and 'sad', and then go on to the more complex emotions ('upset', 'worried').

2. Put the GRADIENT white-black poster on a wall or board. White should be at the top.

3. The poster can be used to help decide how positive or negative a particular emotion is (towards white = more positive, towards black = more negative).

4. Ask everyone to either choose the emotion card that best shows their emotional state (how they are feeling), or to draw a face (using the CIRCLE cards) in their own colour.

5. The emotion cards can then be put on the GRADIENT poster or on each individual's news space (see 'Sharing news') to provide a community 'mood board'. This activity might become part of a daily or weekly routine, or else a way to start meetings, for example.

If you have used any of the activities, please help us to continue developing our toolkit by filling in our short survey on the website, or by emailing Lisa El Refaie (RefaieEE@cf.ac.uk) with your feedback/suggestions.