

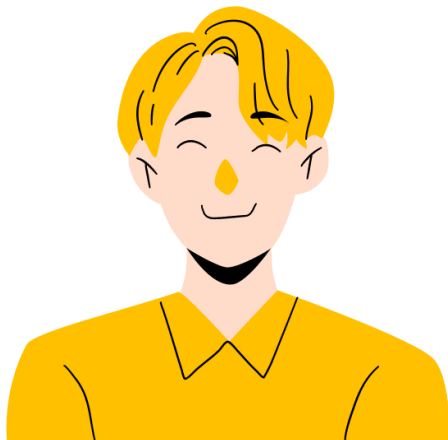
Exploring Your Feelings Iceberg

Worksheet For Children (10 Yrs And Younger)

The purpose of this worksheet is for children to express their feelings and emotions. The iceberg has been separated into two sections.

- The top section represents what children WANT others to see: characteristics, emotions, and feelings.
- The bottom section represents what children DON'T WANT others to see: anxieties, experiences, fears, responsibilities, and struggles.

Children can either write or draw what they are feeling, whichever is easier for them to express themselves.



This is not an activity required to be shared once completed.

This activity is an exercise for children to explore their feelings—including any current struggles in their lives.

