What You’ll Need:

- Paper plates
- Lolly sticks
- Bits of wool or string for hair
- Crafty stuff (if you have any)
- Glue
- Pens
- Scissors

What to do...

1. Make some Feelings Faces using both sides of the paper plate. Try and think about opposite feelings you have...for example;

2. Tell us how the faces are feeling...what has made them feel this way? How could we change it?

3. Make up a story involving all your different faces and what might have happened to them.