

## Information Sheet

### Visual Supports

#### Emotions Keyring / Lanyard

Below are examples of what may be on a child's emotions keyring/lanyard.

The strategies on the back of each emotion card should be something the child likes to do, and should be (where appropriate) discussed with the child beforehand.

**Remember:** It is always important to share positive emotions on the child's lanyard (e.g. happy, excited, calm).

**Remember:** Label the child's emotion "I think you might be feeling..." empathise with that emotion "it's okay to feel... I would feel... too, if..." and suggest an alternative "why don't we...instead?"

**For example:**



**An example of each of the cards shown above:**

