

# Dumper Truck of Emotions

Imagine you are a dumper truck driver for the day. Which emotions or feelings are you struggling with? If you could get rid of them, which ones would you get rid of?

## Instructions:

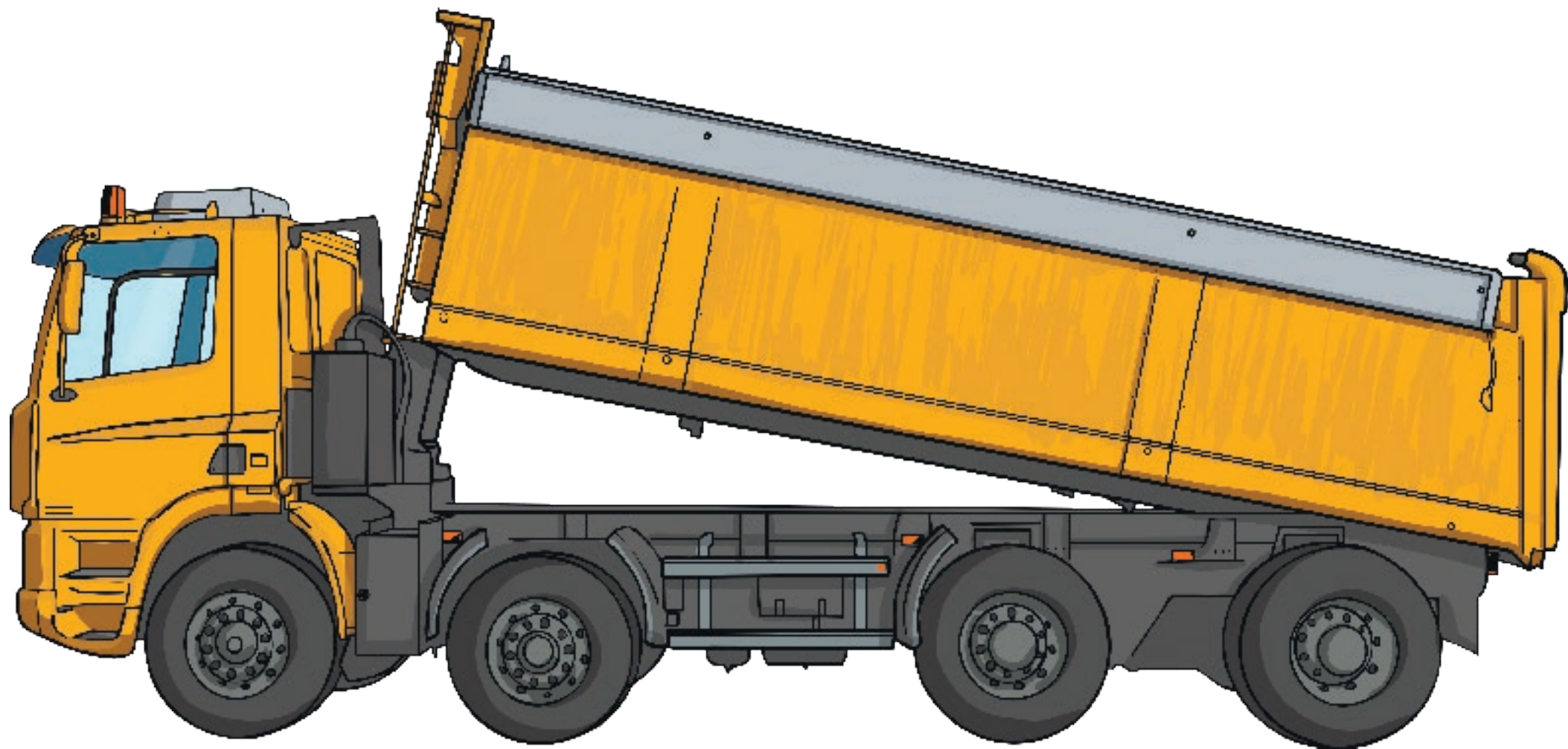
- You have been provided with different emotions written on pieces of mud – cut these out.
- Talk with an adult about which emotion you would like to get rid of, why you would like to get rid of that emotion and how you might be able to do this.
- Put the selected piece of mud into the back of the dumper truck.
- Repeat this as many times as you like.

There are also some blank pieces of mud if you wish to write the specific emotion yourself or in case you think of a different emotion that is not already included on the other pieces of mud.

For example: I want to put 'angry' in the dumper truck. I can cope with this feeling and get rid of my anger by counting to ten and taking deep breaths.

## Extension:

Look at the pieces of mud that you have not put on the back of the dumper truck – why have you decided to keep these emotions?





**angry**



**nervous**



**sad**



**happy**



**excited**



**confused**



**worried**



**tired**



**loved**



**energetic**



**proud**

