

PIE CHART



Purpose:

- Encourages development of:
Self expression
Communication skills
Ability to express feelings
Self awareness
- To learn more about their world.

Requirements:

- Sheets of plain paper or circular paper plates (as alternative).
- Crayons, texta pens
- Whiteboard and markers

Format:

- Ask the children to give you a list of words that describe the types of feelings they have in relation to mental illness. Write these on the whiteboard.
- Help them name these feelings if they are unsure of how to verbalise them. The "How Are You" sheet (refer to 'Handouts' section), with faces and words describing feelings may be helpful in this activity. Also the 'Feelings' diagram (refer to 'Handouts' section) may be helpful.
- Common feelings are:
Anger Embarrassment Guilt
Fear Confusion Anxiety
Jealousy Frustration Sadness/Grief
- Ask them to individually choose from this list, 3 or 4 words that describe their strongest feelings.
- Choose a colour to represent each word/feeling.
- Draw a circle and colour in the circle representing how much space each feeling occupies (ie. each colour forms a segment of the circle). As an alternative, use a paper plate and divide this into the 'segments of feelings'.
- Ask them to share this with the group.

Example:

Red = Anger Blue = Fear
Green = Guilt

