

The feeling forest

A 7-DAY FAMILY PRACTICE FOR
UNDERSTANDING EMOTIONS TOGETHER

Same difficult moment, again?

There may be a pattern worth noticing.

The Feeling Forest is a simple practice for the whole family.

Together, you will:

CREATE

Make a personal Feeling Compass.

CHECK IN

Add one feeling mark each day.

NOTICE

Look for one pattern and choose one small change to try.

10 minutes to begin • Around 2 minutes a day • No special preparation

The aim is clearer language, more understanding, and meaningful next step.

Create your feeling compass



Feelings can offer clues.

They do not point to one fixed need or one correct response.

This Feeling Compass was created by a nine-year-old. The child chose Spike, a baby dragon, as the centre and connected different feelings with actions that sometimes helped.

For example:

“When I feel sad, I need to run.”

Running is one possible strategy. On another day, the same person might prefer rest, company, quiet, or something else.

Grow your feeling tree



**One check-in shows a moment.
Seven can begin to reveal a pattern.**

Each family member can create a Feeling Tree and a personal emotional key.

Choose: a colour • a symbol • a word • a small drawing

Add one mark to your tree each day.

Choose a moment that already exists, such as after school, before dinner, or at bedtime.

Adults model first: “A part of me is feeling tense after a busy day. I may need a little quiet. I’m going to sit outside for two minutes.”

Kind reminder: safety and connection come before reflection.

After seven days

What did our Feeling Forest help us notice?

Look first at your own tree. Share only what you choose.

Ask:

What feeling or part of me appeared often?

When did it tend to appear?

What seemed to support me?

What might we adjust in our timing, transitions, expectations, space, or communication?

Choose one small experiment. For example:

"We will give a five-minute warning before leaving."

"We will keep the first ten minutes after school quiet."

"We will ask before offering advice."

"We will place tomorrow's plan where everyone can see it."

Try the change for one week, then reflect again.

A gentle impact check

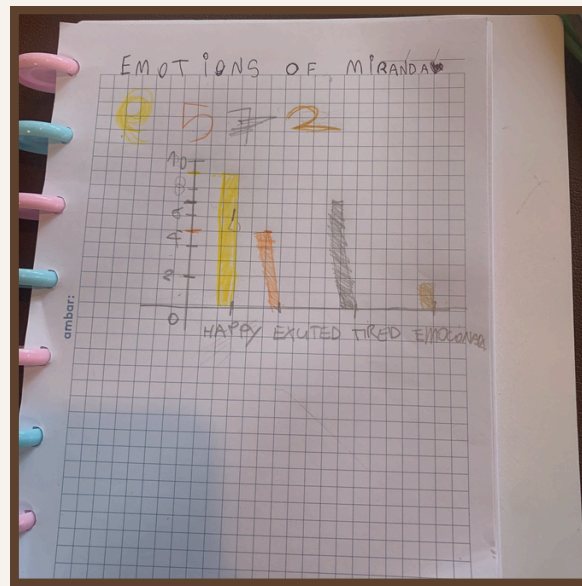
Did we:

- use more specific feeling words?
- identify or ask for support?
- pause before immediately solving or correcting?
- notice one recurring context?
- try one small change and reflect on it?

This is not a scorecard.

It is a way to notice what you are learning together.

Optional data exploration



Count the symbols or words you recorded and create a simple graph.

The graph shows what was recorded most often. It does not explain why it happened, how intense it felt, or what anyone “is like.”

Noticing is the first step

The Feeling Forest can help you see a pattern.

Personalised support can help you understand the wider conditions around it and design changes that fit your family.

Family Learning Ecosystem Consultation

Together, we can explore a recurring moment, examine the rhythms and conditions shaping it, and create a practical plan that works in your real family life.

My feeling compass

This compass belongs to:

Use the sentence: “When I feel... I may need... I could try or ask for...”

The diagram is a circular form for a 'feeling compass'. It consists of a central circle and an outer ring. The outer ring is divided into eight equal segments by four lines that intersect at the center. The top-left segment is labeled with the text 'Feeling:' and 'Need:'. The other seven segments are blank, intended for the user to write their responses to the sentence 'When I feel... I may need... I could try or ask for...'. The entire diagram is drawn with dark brown lines on a light beige background.

My feeling tree

This tree belongs to:



My emotional key:

E.g. HAPPY



Our pattern reflection

Before we begin:

When feelings become strong, how clear are we about what might help?

- ☐ Not clear yet
- ☐ Sometimes clear
- ☐ Often clear

After seven days:

One feeling I noticed:

A moment when it tended to appear:

Something that seemed to help:

Something I would like my family to understand:

Our pattern reflection

What did we notice together?

- ☐ We used more specific feeling words.
- ☐ Someone identified or asked for support.
- ☐ An adult paused before offering a solution.
- ☐ We noticed one recurring context.
- ☐ We tried one small change.

For the next seven days, we will try:

We will notice:

Optional pattern graph

Categorise and count the symbols on your tree, then create your graph.