

“I feel different” ... let’s make feelings biscuits



What you will need:

- Round biscuits
- Icing and items to make faces:
 - cut-up grapes for eyes
 - strawberries or other fruits for a mouth
 - your favourite sweets

How to make feelings biscuits:

Set out your biscuits, icing and other decorating items.

Talk together about different feelings your child has, e.g. happy, sad, scared, angry etc.

Using the icing and decorations, help your child to make a face of that feeling on each biscuit.

How to use the feeling biscuits:

You could take a photo, print it and then use them as feelings cards to help your child tell people how they feel. Once you have taken photos, enjoy eating the biscuits!