

FEELINGS INSPECTORS RESOURCE

Self Care

Cloak of emotions

About this activity

This activity uses the cloak as a medium and helps children understand how our emotions help protect us. Explain to the children that our emotions prompt us to act quickly and take actions that will maximise our chances of survival and success. They trigger our fight-or-flight responses, and our ability to understand and manage emotions and have been shown to play an important role in decision-making.

What do we need?

- Pre-bought basic cloak or make one (there are lots of easy online tutorials)
- Safety pins
- Fabric glue and pens (if possible)
- Scraps of material (as many different shapes and textures as you can find),
- A range of embellishments: bells, feathers, handkerchiefs, scarves, wooden hearts, sequins etc.
- You could also use small bags filled with lavender or other herbs



Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

Cloak of emotions

Instructions

Begin by making a word bank of emotions. Ask the children to think of as many words as they can to describe different feelings.

Tear the fabric into strips of different lengths and use the fabric pens to write or draw each emotion on the material. One emotion per strip.

Attach the material with safety pins, in different lengths, all over the cloak. Attach the bells and any other embellishments.



The cloak can be worn by the children to help them think about how they wear their feelings and how they conceal things. As the feelings are all attached with safety pins, individual feelings can be removed to be examined in detail. As the children walk in the cloak some feelings are hidden and others are revealed. Children who find it difficult to talk about their feelings can choose a strand of fabric showing their feelings. Individual feelings can be grouped together to prompt discussions about how our feelings interact. The bells remind us that we need to tune in and “listen” to our emotions.



I feel protected and safe in the cloak, like our emotions protect us.



A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).