

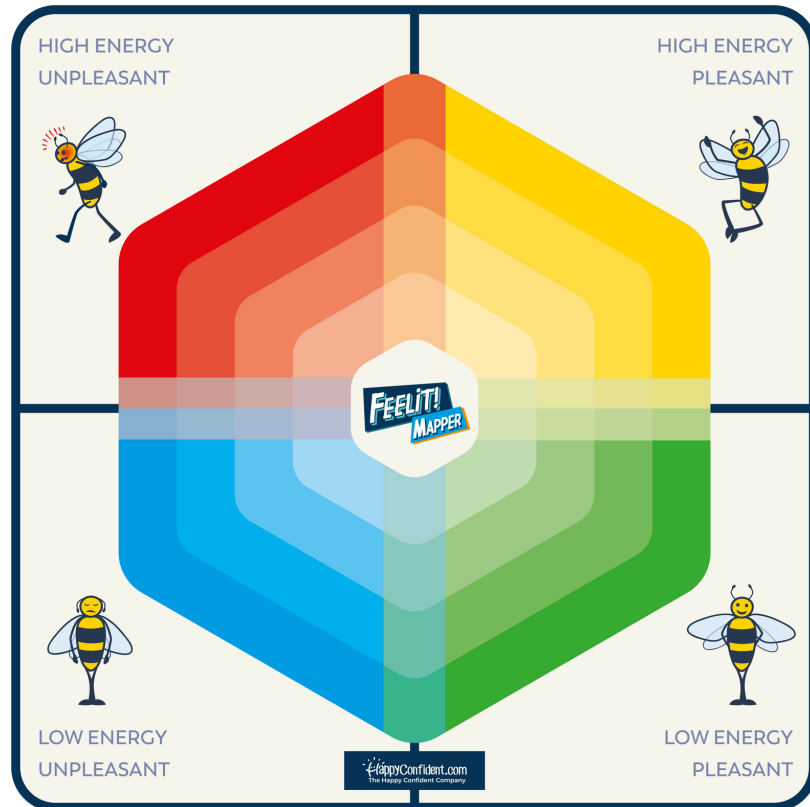


# Age 3-5 MAPPER

## TEACHING NOTES

### The FEELIT Mapper

The FEELIT Mapper provides a visual prompt to help children classify their feelings by energy levels and degree of pleasantness. This will be used in more depth as they progress through the school.



The FEELIT Mapper divides feelings into four quadrants:

-  High energy pleasant
-  High energy unpleasant
-  Low energy pleasant
-  Low energy unpleasant

It is recommended that it is displayed in a prominent position, so that the children are able to use it, refer to it and check-in with their feelings throughout the school day.

