

# Love.Life. activities

## You, me and us

This activity is part of Love.Life. – a set of films and supporting resources which help young people with learning disabilities explore topics such as emotions, relationships and identity. Find out more at [nspcc.org.uk/lovelife](https://nspcc.org.uk/lovelife)

### Learning objectives

Young people will be learning about:

- how different things and situations make them feel
- what things they like and don't like and how this varies from person to person
- how they feel about the people they care about.

### The activities

#### Materials you will need:

- sensory objects such as soft fabric, bristle brush, hot water bottle, smooth stone or other objects you have available
- printouts of the different emotion pictures (butterflies, wasps, hot water bottle, stone) available at [nspcc.org.uk/lovelife](https://nspcc.org.uk/lovelife)
- paper and coloured pens/pencils
- a selection of different coloured card
- modelling clay
- pictures of the young person's family members.

#### Sensory objects and feelings

Before watching the film pass around different sensory objects such as, crinkly cellophane, soft fabric, bristle brush, or other objects you have available. Ask the group to explain how each object makes them feel. It's helpful if there is a wide variety of objects.

After the film explore the objects again. You can also print out the different emotion pictures. This time, ask if the group can connect each object to a feeling and remember times that they have felt like that.

**Extension activity:** map the ideas and experiences onto a poster with pictures of the sensory objects.

## Colour your feelings

Can the feelings that the group discussed be given a colour? Using different coloured card, the group creates a colour card for each emotion with drawings of the objects and situations that bring up each feeling.

## Mapping me

Each person draws or writes about:

- (1) people I care about
- (2) things I like
- (3) things I don't like.

It might be useful to prepare for this activity by printing pictures of the young person's family.

**Extension activity:** the group creates a flag, using paper or modelling clay, that represents who they are, with objects to represent their likes and dislikes.

## Sources of support

Some of the topics discussed during the film and activities may have been difficult for some young people to deal with. It's important that before the end of the session, the young people are directed to where they could go to get further information and support. This may be relevant people in school such as the designated safeguarding lead or other professionals supporting the young person. Please also make sure that they are made aware of Childline, which can be contacted on **0800 1111** or at **childline.org.uk**