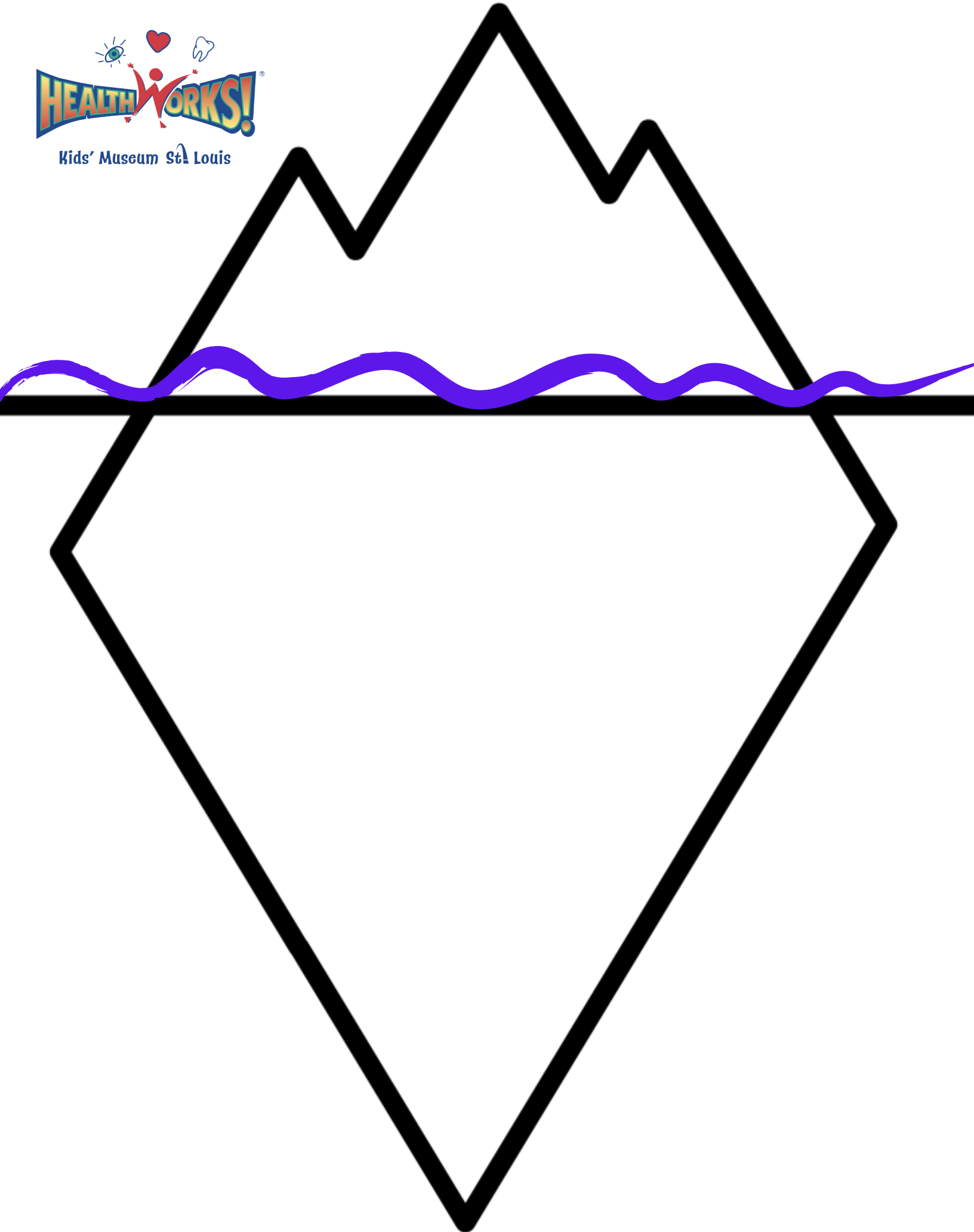




Kids' Museum St. Louis





What's beneath the surface?

Iceberg Activity

Most of an iceberg is hidden beneath the surface of the water where it cannot be seen. Sometimes feelings can be like an iceberg, and the reasons for that feeling can remain hidden beneath the surface. This activity helps explore what might be the cause of different feelings to help with expression of emotions and encourage empathy.

Instructions: Use the iceberg template above--or draw your own--to discover what lies beneath different feelings. On the top part of the iceberg write a feeling. Underneath write different things that might cause that feeling or what that feeling might actually mean. Try these feelings to get started: Happy, Sad, Angry, Embarrassed, Annoyed, Confident, Surprised. What other feelings can you think of?

Try this activity again the next time you have a hard time expressing how you feel or you don't understand why you're feeling a certain emotion. Also try to remember that everyone has their own icebergs and try to imagine what might be hiding beneath the surface when a friend or family members seems angry, sad, etc.

Example

ANGRY

TOO MUCH HOMEWORK

NOT ENOUGH SLEEP

HUNGRY

LOST TOY

GOT IN TROUBLE

FEEL IGNORED

MISS FRIENDS

SCARED

SAD