



### Reflecting on Feelings

40 prompt cards to deepen emotional understanding

£6.95

The 'Reflecting on Feelings' card pack contains 40 cards, featuring commentary and questions which can be used as conversation prompts in discussions, workshops, therapy sessions and the classroom.

Themes explored include everyday feelings, those relating to identity, belonging and thinking about our place in the world.

The cards support the development of emotional understanding, broaden vocabulary and enable deeper, more extended thinking and discussion to take place.

Written by Director of A Space art and therapy service, Lyn French (art therapist, counsellor and psychoanalytic psychotherapist) and designed by Sonja Frick, this set can be used together with any of our Emotional Learning Card image sets and are suitable for use with any age group.

Co-published with A Space in the 'Emotional Learning Cards' series.

### Key Selling Points

- Support the use of the emotional learning cards
- Feature commentary and questions that can be used as prompts in workshops, therapy sessions and the classroom
- Themes range from exploring everyday feelings to those relating to identity, belonging and our place in the world

#### Product Details

Author(s)	Lyn French
Publisher	Institute of International Visual Arts (Iniva)
ISBN	9781899846610
Format	Boxed
Pages	40
Illustrations	colour
Dimensions	75mm x 105mm

Publication Date: Jan 2022