



This is a sample from our Direct Work Toolkit. The full kit and training for its use is one of the significant training opportunities for Social Workers in Newham.



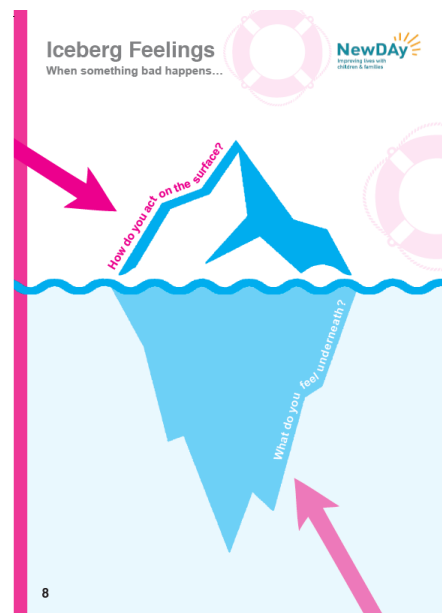
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Iceberg feelings

An exercise to enable a child to speak about their actions and associated feelings.

This can be used as part of a Safety Planning / Risk Assessment session

The professional uses the iceberg to speak about an incident when the child was feeling angry, sad, happy, aggressive etc. The top of the iceberg can detail how the young person acted and the section below the water shows what they were actually feeling



The Ice-berg activity is an evidence based practice toolkit which:

- supports practitioners to identify and explore with children and/or parents possible underlying causes for their unhelpful behaviours and actions
- helps explore what's visible and invisible; what's happening inside (unseen emotions) and how they manifest outside (what actions do others see)
- creates a space to talk about physiological and bodily responses to emotions; what happens to you when you are feeling sad etc.