Adolescent & Caregiver Posters

Early Adolescent Skills for Emotions

World Health Organization

unicef for every child
The EASE posters are used during both the adolescent and caregiver sessions. The intervention manual provides prompts for when to show the posters during the sessions.

In order to show the picture, the posters should to be printed on size A3 paper or larger, single-sided. The posters can be bound loosely (for example a ring-binder) in order to be displayed by the helpers. The posters can also be cut out and displayed in the room when delivering EASE.

Because some of the posters will be written or drawn on during the EASE group, we encourage you to have one copy of the posters for each different EASE group.
Adolescent Posters
Feelings Chart

Early Adolescent Skills for Emotions

Adolescent Poster
Sadness

Early Adolescent Skills for Emotions

Adolescent Poster
Feelings Pot

Early Adolescent Skills for Emotions

Adolescent Poster
Body Map

Early Adolescent Skills for Emotions

Adolescent Poster
The Vicious Cycle

Early Adolescent Skills for Emotions

Adolescent Poster
Maze

Early Adolescent Skills for Emotions

Adolescent Poster
Stop, Think, Go!

Stop

Think

Go!

Early Adolescent Skills for Emotions

Adolescent Poster
Understanding My Feelings

Calming My Body

Changing My Actions

Managing My Problems

Early Adolescent Skills for Emotions

Adolescent Poster
Caregiver Posters
Possible Causes

Environment

Biology

Caregiver Stress

Family Interactions

Early Adolescent Skills for Emotions

Caregiver Poster
Understanding Big Feelings

Early Adolescent Skills for Emotions

Caregiver Poster
Body Map

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Caregiver Poster