

Feelings

Supplies and Resources

- Paper
- Pencil/ Marker

❖ Daniel Tiger Guess the Feelings
pbskids.org/daniel/games/guess-the-feeling/



- ❖ What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner
- ❖ In My Heart: A Book of Feelings (Growing Hearts) by Jo Witek
- ❖ The Boy with Big, Big Feelings by Britney Winn Lee

Conversation Starters: These are questions to ask while working with your child.

- Can you think of a time when you were really happy? Tell me about it.
- Have you ever had a feeling that you did not know the word for? Can you explain that feeling to me?
- Have you ever made someone feel a way you did not mean to? How did that make you feel?



Mood Music

Choose a day of the week. At the end of the day, ask your child: *What happened today? What did you do? How did you feel? What happened to make you feel that way?*

Have your child draw a face in the chart and write a word describing the feeling.

Explain to your child that music can often help us express our feelings.

Together, sing a song or listen to some music that reflects how your child is feeling. (If you know how to sing or play "the blues," make up new words to a simple blues melody.)

Repeat the activity a few times during the week. Invite the whole family to join in.



happy



sad



angry



excited



confused



silly

sunday

monday

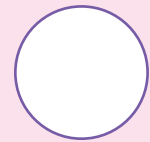
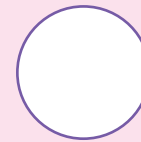
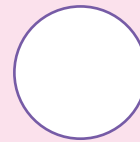
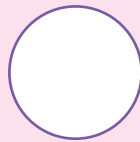
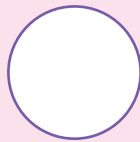
tuesday

wednesday

thursday

friday

saturday



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