

FEELINGS

Knowing our feelings is a super important life skill. Feelings help us get along with others, and tell us when we need to make changes or calm ourselves. We learned:

HAPPY	SAD	MAD	SCARED
			

- ✓ ALL FEELINGS ARE OK TO HAVE!!
- ✓ Everybody has ALL feelings!!

Children learn about feelings BEST from their family! Here are ways you can teach feelings:

- ❖ Talk aloud about your own feelings
 - “I am mad that car pulled out in front of me.”
 - “I am sad it’s raining and we can’t go to the park.”
- ❖ Label your child’s feelings or Ask how they are feeling.
 - “You’re feeling mad your sister broke your toy.”
 - “You’re feeling sad that we have to leave.”
 - “It looks like you’re having some big feelings...”
- ❖ Talk about how others might be feeling (when reading books, on TV, other kids)
 - “How did Jasmin feel when Caden wouldn’t play with her?”