



Parent Page

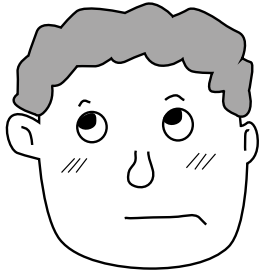


Understanding Feelings

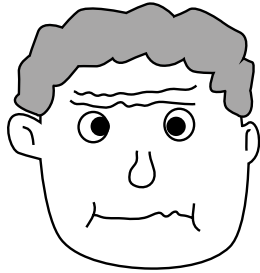
We have been learning about understanding our feelings.

Here are some things you can do at home:

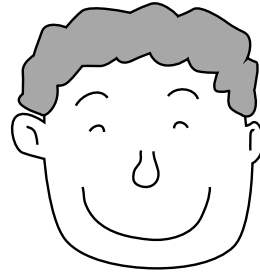
- **Look at the picture of the faces on the back of this page.** Ask your child to tell you about each one. If your child cannot remember what the emotion or feeling is for each picture, that is OK. Let your child know the name of the feelings they might not remember.
- **Play a game with the page of feelings to help your child learn the names of the emotions or feelings:**
 - Using the pictures, ask your child to point to the correct picture each time you call out an emotion.
 - Praise your child when they are correct.
 - If your child's answer is not correct, remind him/her of the correct name for the feeling. One way to do this: "That was a good guess. The name of this feeling is _____."
- **Play concentration.**
 - Make two copies of the picture on the back of this page. You can trace the pictures if you do not have access to a copier.
 - Cut the pictures out from both copies.
 - Mix up the pictures. Put them all face down between you and your child.
 - Take turns trying to find pairs of pictures. If you or your child turn over two of the same picture, make a face to show that emotion. Then keep the two pictures. If the pictures do not match, put them face down in the same spot.
 - Take turns until all of the pictures are matched. For younger children, start with four or five pairs of pictures and build up to all 13 pairs.
- **What's my emotion?** Keep the page with all of the emotions where everyone can see it. Each day, have family members point to the emotion that best describes them at the time. Your child might put a clothes pin or paper clip on the emotion they are feeling.



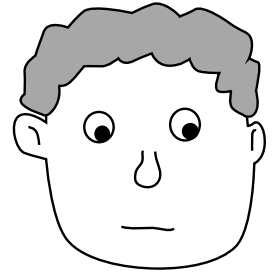
Embarrassed



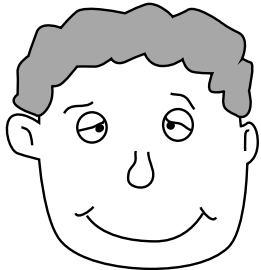
Frustrated



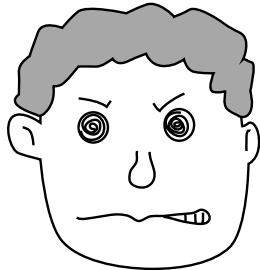
Happy



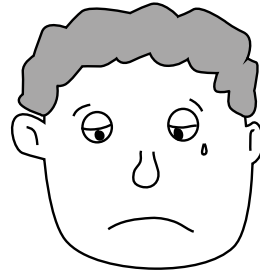
Lonely



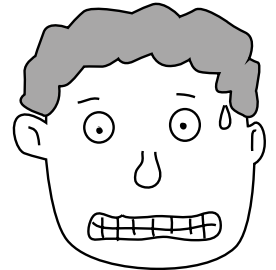
Loved



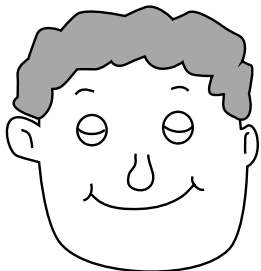
Mad



Sad



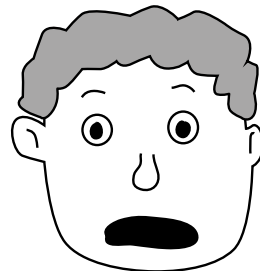
Nervous



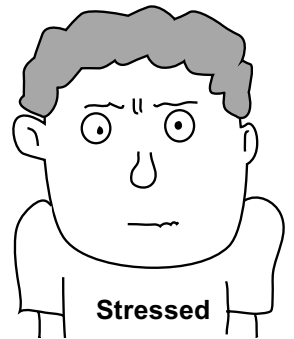
Proud



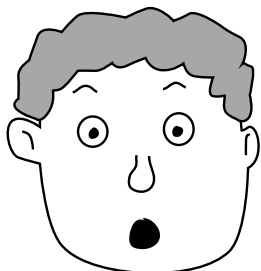
Relaxed



Scared



Stressed



Surprised