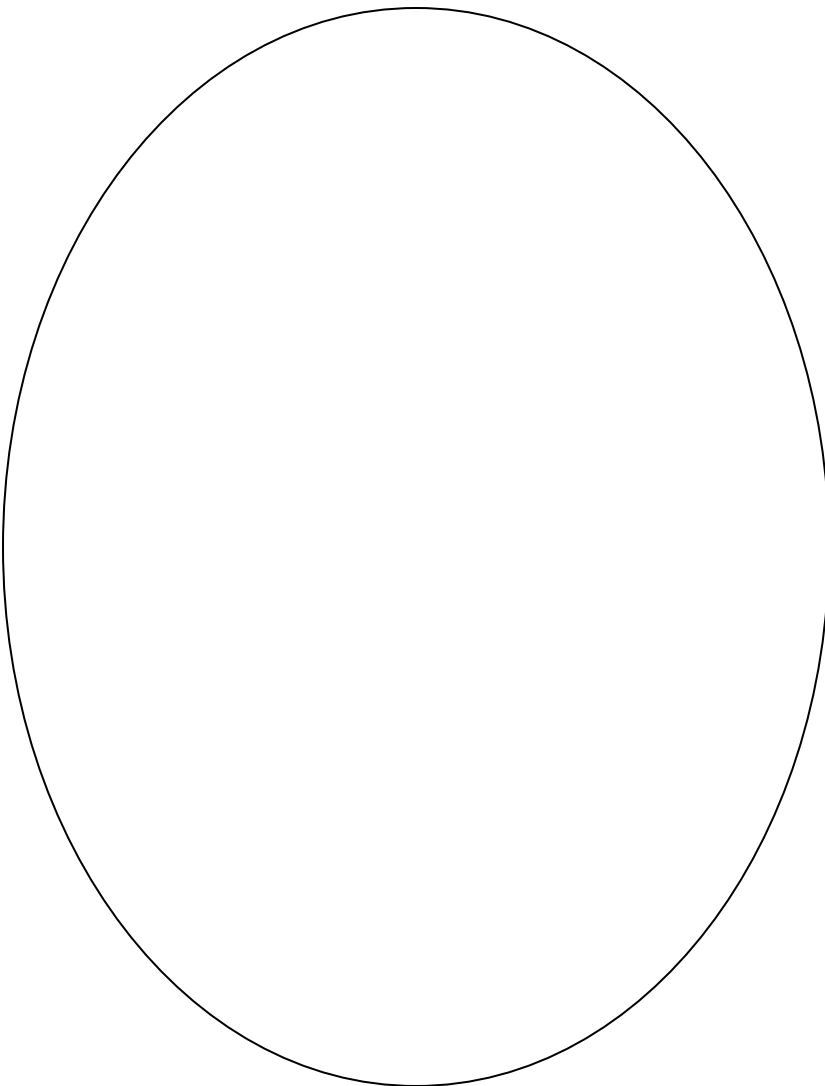
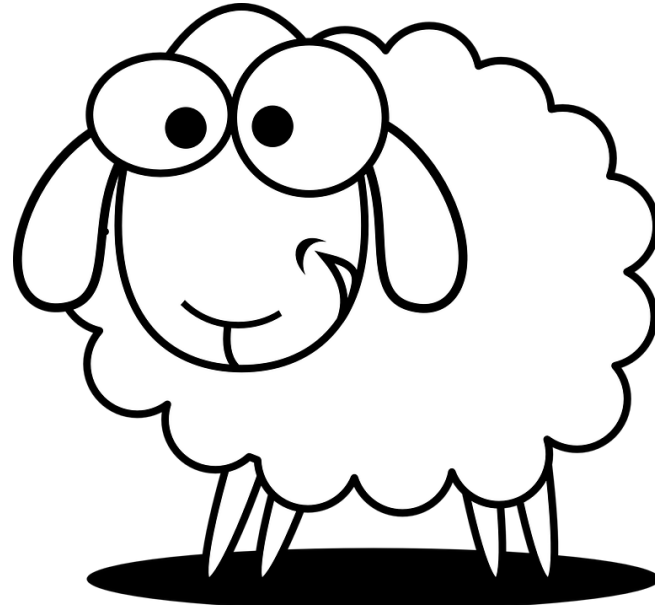


How do you feel today?



All About Feelings



Teaching children about feelings is key for their emotional development. As an adult, you can help children learn about feelings as you observe them. For example, "Susie, it looks like you feel nervous about seeing the doctor" or " Sam, I see that your broken toy really makes you feel sad and mad.

Labeling emotions will help children to build great skills in communication!

All people have feelings. They change based on what happens during our day. Sometimes our feelings change because of the thoughts we have in our head. Feelings are not good or bad. They are a part of being a person!



FEELING FACES!

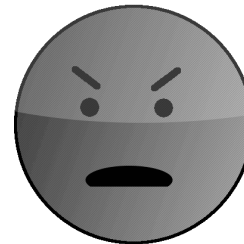
Draw a line to match each face to the feeling



MAD



SCARED



HAPPY



SAD