

Feelings 101: Identifying Feelings with Your Child

This is a time we might be feeling many different emotions. Young kids might not know how to name or express their feelings, so here are some ways you can help your child during this difficult time!

The book “COVIBOOK Supporting and reassuring children around the world” is a great resource to help your child understand COVID-19 and how it might make them feel. The book helps to explain it is okay to be worried and a little bit scared. The book can be found by following the link:

<https://www.mindheart.co/descargables>

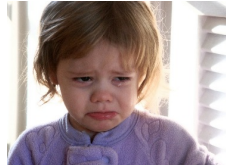
Identifying Feelings:

Helping our children understand and identify feelings will help them learn to express themselves in a positive way.

Six Basic Emotions



Happy



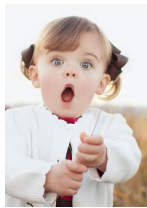
Sad



Angry



Scared



Surprised



Worried

Now it's your turn to practice!

Pick an emotion. Make the face of that emotion and have your child guess which emotion you are feeling. Now switch roles! Have your child make a face and you identify what they are feeling.

Feeling Song and Movement

Happy and You Know It

If you're happy and you know it clap your hands
Clap twice

If you're happy and you know it clap your hands
Clap twice

If your happy and you know it and your face will surely show it if you're happy and you know it clap your hands *Clap twice*

Now repeat! But this time, swap out a different feelings!

- If you're angry and you know it stomp your feet...
- If your sad and you know it say boo hoo...
- If you're worried and you know it wring your hands..
- If you're scared and you know it say “Oh No!”
- If your surprised and you know it *gasp*

Feeling Activities to do at home

Make Your Own Emoji

Materials: magazines, scissors, paper, glue

How To: Gather materials. Help your child create their own emoji by finding and cutting out pictures in a magazine that resemble eyes, mouths, noses, and any other features to include on their “emoji”. You can tell them to make an emoji based on how they are feeling at that moment.

Find the Feelings Bingo

Materials: Paper, pencils/pens/markers

How To: Gather paper and pencils. Create a Bingo chart with 5 rows and 5 columns. Fill in each square with different emotions or use the example attached. Tell your child to find the feelings using materials around the house, tv shows, and in songs. Have them mark the feeling in the box when they've found it. First one to get 5 in a row wins!

Feelings Bingo



				
				
		<p><u>Free Space</u></p>		
				
				