

## Identifies and responds to feelings of self and others.



**Activity:** On the back of one of your child's hands, draw a happy face using tempera paint and paintbrush. On the back of the other hand, draw a sad face. Help your child think of situations with friends that might make everyone feel happy or sad. Ask your child to hold up the hand that shows how he would feel in each situation. He may guess "happy" for a time that was "sad," use that time to talk about the meaning of those feeling words.

**Why:** Putting words to feelings takes work. A child recognizes a smile as good but has learn the word "happy" to go with the good feeling, or "sad" to go with a frown. Practicing putting a facial expression with a feeling helps them identify other's feelings more easily.

**Activity:** Read a "feelings" book together, such as *My Many-Colored Days* by Dr. Seuss, *Lots of Feelings* by Shelly Rotner, *The Feelings Book* by Todd Parr, or *How Does Baby Feel* by Karen Katz, and discuss the feelings of the characters and what they do well when having each feeling.

**Why:** Reading books together is a great way to make it okay to talk about feelings. This can be a safe time for children to talk about how they react to their feelings and think about better ways characters could react to theirs.

