

## How do you feel?

- Use these pictures to talk with your child about different feelings.
- Describe how our faces (eyes, mouth, expressions) show different feelings.
- Choose a feeling. Talk with your child about a time when they felt that way. What happened to make them feel that emotion?
- Ask your child to tell you how they feel today. If appropriate, talk about what will help them feel better.
- Use this chart at any time to help your child talk about how they are feeling.



**Happy**



**Sad**



**Scared**



**Loved**



**Excited**



**Frustrated**



**Mad**



**Tired**



**Proud**